



AGAWAM

Advertiser-News

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Volume XXI Number 29

"Your Hometown Newspaper"

July 23, 1998

Summer's Fun For The Kids At Perry Lane

by Dave Rollins
Sports Editor

"Summertime, when the living is easy" - you probably remember those lines.

Well, the summer can also be boring, especially if you happen to be a kid. That is where the concept of summer camp comes in. Agawam has one of the best in the area - held at Perry Lane Park from the end of June through August.

It is the brainchild of former Agawam Parks and Recreation Director Jack Kunasek. He kicked it off in the 1970's at several sites around town and then at Shea's Field (behind Robinson Park School). In 1986, the summer camp was an instant hit, not only for the kids, but their parents, who liked the idea of a well-supervised place where they could drop off their children for a time of healthy recreation and play, for at least part of the day.

In 1987, the town bought the land where Perry Lane Park now stands from the YMCA. A pool as well as other recreational facilities were built there. It was the perfect place for summertime fun. The camp was moved to Perry Lane in 1987.

Mary Keller has been the Parks and Recreation director for the past four years. After Kunasek's retirement, she saw the camp evolve into what it is today. But to get to this point, there had to be some changes.

Needed To Be Streamlined

"We took a long look at what we had and saw that it was a good program, but needed to be streamlined a bit," she said. "The most important aspect was the number of counselors-to-kids ratio. We had 300-350 campers, from preschoolers to teenagers. There were too many kids and not enough counselors."

To end that, they rolled back the enrollment and beefed up the staff. "We wanted to meet the state health regulations, which called for one counselor for every 10 kids, six years-old and up, and one for every six kids under six," Miss Keller said.

Things have settled down nicely since those wild and woolly days. There is now a camp for four and five year-olds. It runs from Monday through Friday from 9:00 a.m.-12:00 noon. The six to 11 year-olds have a full-day camp, Monday through Friday from 9:00 a.m.-3:30 p.m. The teen camp also runs Monday through Friday from 9:00 a.m.-3:30 p.m. The preschool camp has 30 kids per session. The full-day camp has 150 kids per session. The teen camp numbers 30 per session. There are four sessions, each lasting two weeks throughout the summer.

Also included are handicapped children and kids with special needs. "We are fully integrated here. All the kids get attention and a sense that they belong," Miss Keller said.

The price is right, as well. A half-day session costs \$60 dollars. A full-day session is \$100 per kid.

Through experience, the staff has discovered just what the campers need to make-up a full-day of activities.

The preschoolers have free play, snack time, as well as activities suited to their needs. The full-timers, along with their schedule of activities, get trips to various, interesting places around the area (such as the Mystic Aquarium, the Worcester

SEE SUMMER FUN - Sports Section...



SOME OF THE REGULAR CAMPERS at Perry Lane Park Summer Camp enjoy a lunchtime break last week. Advertiser News photo by Dave Rollins.

Safety Bridge Across Main Street For Riverside Approved By Planners

by Kathy Cassanelli
News Editor

At last week's meeting, the Planning Board gave unanimous approval to Riverside Park's plan for building a safety bridge across Main Street, paving the employee parking lot, and erecting a kiosk for park patrons who are waiting for the Pioneer Valley Transit Authority bus to Springfield.

Although the board members were convinced the pedestrian bridge spanning Main Street from a parking lot on the west side to the park entrance on the east side is needed to alleviate traffic backups, their approval of the project was conditional. The bridge will allow park patrons to walk or ride a tram from the parking lot over Main Street and into the park (without stopping the flow of the traffic below).

Among the issues to be resolved in the future are the aesthetics of the bridge, the location of sidewalks along Main Street in front of the park, and the details of the landscaping, lighting, signage, and guard rails for the bridge.

Director of Planning and Development Deborah S. Dachos said the Beautification Committee

would not be satisfied with the white concrete design of the prefab bridge or the white interlocking stone of the retaining wall as part of the gateway beautification project.

But, park officials say they are committed to making their property and the gateway project the most attractive location in town.

Riverside's Director of Construction and Special Projects, Rick Neis, invited the board to tour the new water park to see what can be done to improve the appearance of concrete.

"Even though the concrete is white, it can be acid etched to make it look like natural rock. We are capable of doing some excellent things with concrete," Neis said.

Neis said the aesthetics on the bridge would likely have to wait until the end of the season. He agreed the aesthetic package would have to be approved by the town.

SEE RIVERSIDE PARK - Page 2...

To Our Subscribers:

Just another quick reminder to those subscribers who have not renewed their subscriptions for 1998-1999: Please immediately forward your payment of \$24.50 to Office Services, Ltd., Box 96, Agawam, MA 01001. We will be winding up our renewal period on July 31st. Thank-you very much.

RIVERSIDE PARK - from Page 1...**32-Foot Wide, Two-Lane Bridge**

Made of pre-cast concrete, the bridge will be 32 feet wide to accommodate two lanes of tram traffic as well as sidewalks for pedestrians. The bridge will have a span of 82 feet to allow for the possibility of widening Main Street by two lanes in front of the park to improve traffic flow in the future. The theming and design for the bridge's facade will be incorporated into the Beautification Committee's gateway project and will be subject to the committee's approval.

Earlier this month, the zoning Board of Appeals granted the park a special permit to construct the bridge, but park officials are waiting until the 20-day appeals period expires on July 30th before beginning construction of the bridge. The bridge could be finished in six weeks and most of the work will be done at night in order to avoid tying up traffic.

The board agreed to approve the site plan in order to expedite the construction of the bridge, but they withheld final approval until several issues have been resolved, including the installation of sidewalks in front of the park.

Ms. Dachos said the site plan as submitted did not show where sidewalks would be located to ensure pedestrian safety for patrons walking to the park.

"Special events are going to require off-site parking and I assume some of that parking will be nearby and that people will be walking to the park," Ms. Dachos said. "My concern is making sure there will be room for sidewalks in the future."

Neis assured the board that sidewalks on both sides of the Main Street would be incorporated in the plans for addressing the traffic problems when the park's second traffic study is completed at the end of the season.

Riverside will need the approval of the Conservation Commission for their plan to pave the existing three-acre, gravel lot used for employee parking on the west side of Main Street. The lot will accommodate 238 cars.

CORRECTION: In the July 16th edition of *The AAN*, it was erroneously reported that Susan Amabile is involved in a countersuit against Berkshire Power. We regret the error.

Melconian Says \$700 Million Tax Cut Will Be A Welcome Relief To Taxpayers

Senate Assistant Majority Leader Linda J. Melconian (D-Springfield) is happy to announce that the Senate has given final approval to a \$700 million tax cut plan, which doubles the personal exemption and lower the tax on unearned income.

"This is an unprecedented for the Commonwealth of Massachusetts," Melconian said. "We have enacted the largest tax cut in the history of this state. Everyone, especially working men and women, benefits from these permanent tax reductions."

The tax package, which was reported out in part from the FY '99 state budget, raises the personal exemption beginning in 1999 for single filers from \$2,200 to \$4,400, from \$3,400 to \$6,800 for head of household filers and from \$4,400 to \$8,800 for joint filers.

This amounts to a tax cut of \$131 a year for a single filer and \$262 a year for joint filers beginning on January 1, 1999. In tax year 1998, the exemption produces a tax cut of \$96 for a single filer, \$148 for head of household filer, and \$192 for joint filers.

In addition, tax on unearned income decreases from 12 percent to 5.95 percent, the same rate as earned income.

"Doubling the personal exemption affects every citizen equally, regardless of income," Melconian said. "And slashing the unearned income tax rate encourages investment and corrects the punitive burden that this tax assesses. In addition, senior citizens, who often live off unearned income, will see their standard of living increase."

The legislation also reduces unemployment insurance rates by \$98 million beginning in 1999. In exchange for the reduction, businesses are required to allocate \$18 million of the insurance tax payments to a workforce development program. These funds will be used for grants allocated directly to employers, employer groups, labor organizations, and training providers for the training and education of either incumbent workers or newly hired ones.

"Massachusetts' economy is thriving, and our businesses are producing at a fantastic rate," Melconian said. "This is the proper time to cut the Unemployment Insurance tax rate, but also a fantastic opportunity to provide meaningful workforce development. Businesses benefit from a trained and educated workforce, and it is perfectly acceptable for them to participate in funding this valuable training."

Finally, the tax package brings the state into conformity with the federal government on the Roth IRA and Educational IRA. Massachusetts residents will now only have to pay tax initially on the Roth IRA, and will not be forced to pay tax in each subsequent year.

"The Roth IRA and Educational IRA are fantastic opportunities for individuals and families to invest for retirement and education for their children," Melconian said. "Conforming to the federal standards makes these attractive options."

The tax package will now be sent to the Governor's desk.

Keenan Announces Agawam Will Receive Additional \$300,729 In Lottery Revenues

State Representative Daniel F. Keenan is pleased to announce that an additional \$300,729 of lottery revenues will be appropriated to the Town of Agawam. Distribution of the additional revenue to Agawam should take place in two installments following certification of the exact lottery revenue amount.

Lottery distribution remains a key piece of the

state-local relationship, and are used to support local services and to reduce reliance on the property tax.

The legislature is fulfilling its promise to eliminate the lottery cap and return lottery proceeds to cities and towns for the undertaking of local projects.

PLEASE REMEMBER our deadline is every Tuesday at noon. Thanks.

"A man travels the world over in search of what he needs and returns home to find it."

-George Moore



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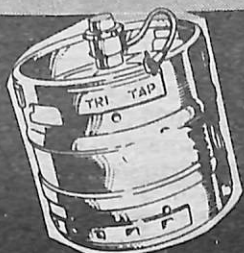
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Letters To The Editor

Provin Mt. Is Not The Place For Adult Entertainment

To The Editor:

This letter is in response to a town resident's recent suggestion that an adult entertainment business be placed at the top of Provin Mountain on North West Street in Feeding Hills.

North West Street is one of the few streets in our town which has been left untouched by the recent invasion of power plants, amusement parks, restaurant and drug store chains, and shopping centers. It is beyond comprehension why one would even suggest that an adult entertainment business be placed on a street home *only* to families, local farming establishments, corn fields, undeveloped farm land, cows, horses, llamas, and the Channel 22 television station (which, by the way, creates far less traffic than even the smallest adult entertainment business).

Provin Mountain might be "far from the core of our town" but it certainly is NOT the appropriate place for an adult entertainment business. Perhaps Mr. Filkowski wouldn't mind if we placed an adult entertainment business on his street or in his front yard.

Sincerely,
Dena M. Petrangelo
North West Street
Feeding Hills

Two Young Teens Upset About Power Plant In Town

To The Editor:

To Berkshire Power & Ken Roberts:

Some people may be happy about the new power plant going into the Town of Agawam, but to two 14 year-old girls, it's nothing but heart-break.

We have lost our three best friends in the whole world, just so you can make more money. The hardest thing we have ever had to do is watch their van drive up the street, knowing that we would never walk across the street to see them again.

It's so easy for you people to do this, you don't even think about the people you're hurting. But you're not the ones who are going to miss their hugs and smiling faces, so you obviously don't care. Money is all that you care about.

It's the only thing on your mind. But, hey, isn't that what everything is about now? In fact, you're just hurting people. Don't any of you care? Obviously not.

Don't you remember when you were kids? Friendship was the most important thing in the world and to us it still is. I guess money is now. If that's what happens when you grow up and get into business, then we don't want to grow up. This letter isn't for the workers at Berkshire Power. We know they have to make a living.

It's also not for anyone who's against the power plant who is working there. It's for the people who said that they wouldn't come if they weren't wanted. We used to have some great neighbors, but I guess that doesn't matter anymore. We hope this letter helps you see the problem from our point of view, and not from the adults'.

We also hope that this letter helps you change our town for the better, not for the worse.

Sincerely,
Amanda Medeiros
Kelly Doyle
Agawam

Stop The Bickering & Put Agawam On Map As Leader

To The Editor:

First, and most important, we should all appreciate the opportunity and privilege guaranteed us by the founding Fathers of this great country to be able to express our opinions in print or otherwise.

Every person in this town should express their thanks to Ric Sardella and his staff for their devotion to keeping this privilege alive.

We all talk about the problems with our young people. We recognize that they are having problems and we also say they have it so much better now than we did growing up. But do they?

Reverend Barnes' letter last week pointed out

the fact that many of our youth have no spiritual training because of Sunday sports. But do they have any religious training at home? Do their parents know God? Or, for that matter, do their grandparents know God? Prayer has been taken out of the schools. Why is that? What about simple courtesy and respect? Where is that taught?

Reverend Barnes mentioned that "there are many things about life that can't be learned with a ball or bat." I'm sure we all agree, but, I'm afraid, in many cases, the only discipline these kids see is on the ballfield and, in many cases, what they see is their parents arguing with an official. Is this proper discipline?

There was a time when we did what we were told. That's part of discipline, but that goes far beyond the ballfield. If there was a liquor store next to the school, we were told to stay out—once—and that was it. If old Mrs. Jones asked us to stay out of her apple tree, we did. We also asked Mrs. Jones if we could give her any help. Notice I said "give." If our neighbors saw us getting into mischief, they told us to stop and we did. There was no "you're not my mother."

We have all become very selfish in our thoughts and ways. The bottom line has become supreme. The ones with the most marbles win. Or do they? What do they win? Is the dollar that important? Why does our currency proudly display "In God We Trust" way down to the last penny? Would the same dollar worshippers that took prayer out of school, take "In God We Trust" off of their precious dollars?

The same founding Fathers and Mothers that worked so hard to make this country the kind of country in which any one of us can express our opinion publicly are being ridiculed by the action of some of our citizens.

I hereby challenge every person in this great little city and especially church, school, and civic leaders including, especially, students to stop the bickering about small, unimportant matters and concentrate on putting Agawam on the map as a leader.

Parents, grandparents, neighbors, teachers, clergy, spend time with your kids. Don't just send them off to the ballpark and go out to supper. Listen to what they have to say. Don't forget "tough love." Don't demand respect, earn it. Kids, talk to your parents, talk to your friends, be leaders, form rap groups with all ages as well as your own. Go to the nursing homes and listen to what the old people have to say. They're a wealth of information. Don't you care? Look around and see if there is anything you can do to help your kids, your parents, your neighbors. If you can't help alone, ask someone else to help you. Communicate! I am sure we can do it.

Please, put some thought into this matter. I'm sure none of our ancestors wanted people's RIGHTS used in some of the ways they have been. It's up to every one of us to take this very seriously and do something about it instead of just complaining.

There is an old saying, "If it ain't broke, don't fix it." Well, it is broke.

Charlie Granger
Feeding Hills

Little League Expresses Thanks For Fundraiser Help

To The Editor:

I would like to express my gratitude to all who contributed to the Agawam Little League Jimmy Fund fundraiser which was held on Saturday, July 18th.

Despite the heat, members of this year's 9-10 Little League All-Star Team stood in front of local supermarkets soliciting contributions to help children less fortunate than themselves. It was a time to teach the boys to give something back to the community which has supported them over the past few years.

The warm response and generosity of the citizens of Agawam made the day both enjoyable and successful. The boys were able to raise almost \$700, all of which will go to the Jimmy Fund to fight childhood cancer.

The fundraising effort will continue this Saturday, July 25th with a car wash to be held at the Agawam Middle School from 9:00 a.m. to 2:00 p.m. Your continued support will be appreciated.

The culmination of this year's effort will be a Little League Baseball tournament, to be held during the month of August, featuring teams from Agawam, Northampton, Easthampson, and Westfield, with the number one fundraising team earning a trip to see the Boston Red Sox. Please stop by the field on School Street to support the home team.

A special thank you to Geissler's Market, Food Mart, and Stop & Shop for allowing the boys to use the stores in their fundraising efforts. We are fortunate to have such civic-minded businesses in town who are willing to help us make Agawam a better place to live.

If you are not able to come to Saturday's car wash but would like to help, donations can be sent to the Agawam Little League at P.O. Box 778, Agawam, MA 01001-0778. Please make checks payable to the Agawam Little League.

Once again, I wish to thank the citizens of Agawam for coming through for our children.

Very truly yours,
Robert J. Danie
Agawam Little League

Two Teams Acknowledged By Soccer Association

To The Editor:

The Agawam Soccer Association would like to recognize two Agawam teams that made it to the Massachusetts Tournament of Champions.

The Cobras, an under-11 girls' team coached by Denny Marr, and the under-17 boys' team coached by Ray Scott both went to the MTOC to represent Agawam.

Congratulations to all the kids. Great job! Keep up the good work.

Agawam Soccer Association

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

LEGAL NOTICE

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, 68 Main St., Agawam, MA on THURSDAY, JULY 30, 1998 at 6:30 P.M., for all parties interested in the appeal of PHILLIP LeCLAIR, who is seeking a Special Permit in accordance with Section 180-71 of the Zon-

ing Ordinances, which would allow for the construction of a second floor addition to the existing single family residential structure at the premises identified as: 16 LAWNWOOD STREET.

Ronald A. Hebert,
Chairman

Published: July 23, 1998



The Agawam Advertiser•News

786-7747

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THE AGAWAM ADVERTISER NEWS (U.S.P.S.-001-170) is published weekly for \$24.00 per year by PAG Publications, Inc., 14 Southwick Street, Feeding Hills, MA 01030-0263. Second class postage is paid at F.H., MA 01030 & at associated offices. Postmaster: Send address changes to The Agawam Advertiser News, P.O. Box 263, F.H., MA 01030-0263.

Keenan Expresses Pleasure With Huge Tax Cut

State Representative Daniel F. Keenan is pleased to inform Massachusetts taxpayers that a \$700 million tax cut has been approved by the House of Representatives. This tax cut is the largest in Massachusetts' history.

"This is an historic tax cut for the taxpayers of Massachusetts," Keenan said. "It is a great feeling to have supported a tax cut that will effect and benefit all taxpayers."

This tax cut will offer tax relief to the working families of Massachusetts, as well as persons trying to save for retirement, a first home, or college education. The key elements of the tax cut include:

* Double Exemptions for Earned Income

\$2,200 to \$4,400 for single filers - a \$131 tax cut per filer

\$3,400 to \$6,800 for head of household filers - a \$202 tax cut per filer

\$4,400 to \$8,800 for joint filers - a \$262 tax cut per filer

* Reduce Rate of Taxation on Interest and Dividend Income from 12 percent to 5.95 percent

* Roth and Education IRAs

Income growth from the Roth and Education IRAs are tax-free at distribution; federal four-year averaging for persons rolling over from traditional IRAs to the new Roth IRA.

* Capital Gains on the Sale of a Principal Residence

Single taxpayers - the first \$250,000 of capital gains from the sale of a primary residence are exempt from state income tax.

Married taxpayers - the first \$500,000 of capital gains from the sale of a primary residence are exempt from state income tax.

Low-Number Plates Available - Keenan

State Representative Daniel F. Keenan is pleased to inform his constituents of a low-number license plate lottery conducted by the Registry of Motor Vehicles. More than 2,000 low-number license plates will be available.

Applicants must be state residents with an active state license. Lottery applications can be found at any registry office or on the registry's website at www.ma.us/rmv.

Entry forms must be mailed and postmarked no later than August 21, 1998.

The winning applicants must pay a \$70 plate fee. Winners will be posted on the Internet on Monday, September 14, 1998.

Council Subcommittee To Address 200 Unaccepted Streets In Town

by Kathy Cassanelli
News Editor

More than 10 years of neglect by a defunct Town Council committee has led to a backlog of over 200 streets not officially recognized as public ways; residents asserting their private property rights of ownership of the streets; and the problem of what to do when these aging roads soon begin to need major reconstruction work.

No one seems to know why the street acceptance committee has been inactive since former Town Councilor Jack Shaughnessy left office more than a decade ago, but current committee chairman Councilor Robert Young is determined to revive one of the few council committees required by the town's home rule charter. Young is looking at ways to streamline the process of transferring ownership of a new street to the town.

"We have a lot of work ahead of us," Young said. "This is the real work the councilors have been elected to do."

Among the changes in procedure under study by the committee is changing the requirement for holding public hearings on site.

"If we could have the public hearing at a committee meeting rather than out in the street, it would be less difficult for the committee to do its work," Young said.

Reducing Backlog Of Unaccepted Streets

At a meeting of the council's Street Acceptance Committee last week, Mayor Christopher C. Johnson said the town's Law Department is researching the possibility of filing a special act with the state legislature to accept all the streets that haven't been accepted in order to significantly reduce the backlog of over 200 unaccepted streets.

At the same time, Johnson is working with the Street Acceptance Committee to develop an ordinance defining the town's policy on how unaccepted streets will be treated differently from accepted streets.

Under Massachusetts law governing subdivisions, the developer and later the residents along the street are the owners of the street until the town officially accepts it as a public way. Until recently, the issue of unaccepted streets has been largely brushed aside by Town Councils apparently unwilling to tackle the job of holding public hearings on the site of unaccepted streets and obtaining the necessary waivers of ownership from the property owners along the street.

Last month, the issue of unaccepted public

ways came to the forefront when residents of Sheri Lane successfully blocked the connection of their dead end street with a planned subdivision by asserting their right as owners of the street to prevent through-traffic from driving on their property.

Since then, a second group of residents living on a cul de sac have tried to fight the extension of their street to the second phase of a subdivision, even though the plans were filed years ago. And the problem is compounded by the inability of the town to perform major road reconstruction on unaccepted streets, many of which are fast approaching the point of needing repairs beyond pothole repair, according to Johnson.

Johnson said state law prohibits the town from doing major road reconstruction on unaccepted streets, but the town agreed by referendum in 1989 to plow unaccepted public ways and the council acted to accept a section of state law allowing the town to make minor repairs on unaccepted streets.

The question now is what level of service and what investment the town should be making in private property, Johnson said.

Policy Needed

"The problem is there is no great benefit to the homeowners to give up ownership of the street if we treat them the same as accepted public ways," Johnson said. "We have to come up with a policy of what services we will provide on unaccepted streets."

The committee seemed to be in agreement that plowing of unaccepted streets would continue in the interest of public safety, but other issues under consideration included eliminating streetlights and reassessing property to include the section of land reaching to the mid-point of the street.

"In my opinion, the only way to get property owners to waive their rights is to have some benefits to being an accepted public way," Johnson said. "This is not intended to be punitive, but we have to decide what level of service and what investment we should be making in private property."

No date for the next meeting of the Street Acceptance Committee was set, but it is expected that the committee will have an ordinance along with their recommendations ready for the full council's consideration in September.

Check our classified pages every week!!!



Was anyone hurt?

The first thing most insurance carriers want to know after you've had an accident is if you have a police report. Things are different at Canary Blomstrom Insurance.

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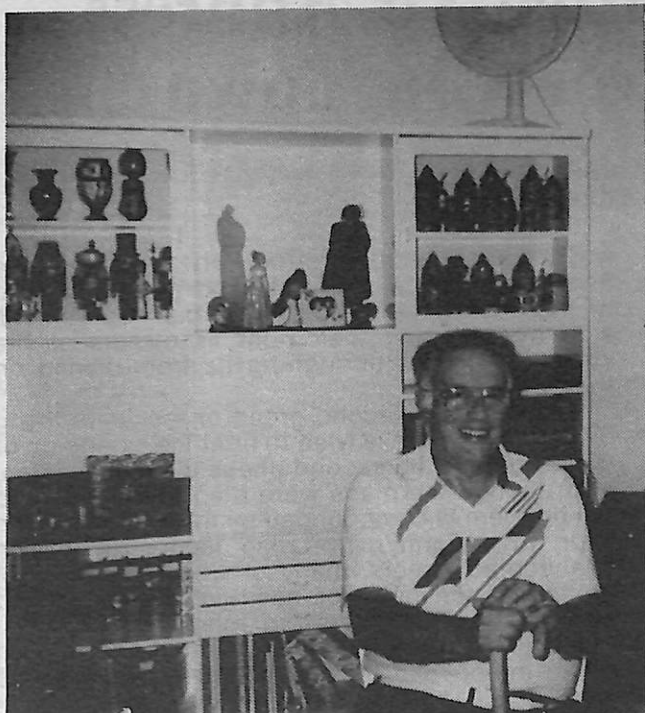
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Agawam Obituaries



Richard A. Sardella, Father Of Advertiser News Publisher/Editor

Richard A. Sardella, 69, of 68 Hastings Street, Feeding Hills, died Friday morning, July 17th, at Baystate Medical Center.

He was an East Coast representative for several optical manufacturing companies, the national sales manager for American Optical Company, and the sales manager for Webster Lens Company.

Born in Somerville, he lived in Medford before moving to Feeding Hills in 1958. He was an outstanding baseball player during his youth and graduated from Boston College in 1951.

He was a communicant and former chorister of the Sacred Heart Church in Feeding Hills. He was a member of Agawam UNICO, the West Springfield Elks, the Knights of Columbus, the Holy Name Society, and the Western Massachusetts Chapter of the Boston College Alumni Club.

An avid golfer, he was a member of Oak Ridge Golf Club and the Men's Thursday Morning Senior League at Agawam Municipal Golf Course.

He leaves his wife, the former Jeanne W. Zaman; three sons, Richard M. of Agawam, publisher and editor of *The Agawam Advertiser News* and *Southwick Suffield Advertiser News*, Dr. Peter J. of Cranston, Rhode Island, and Michael S. of Southwick; three daughters, Nancy J. Dacey of White Plains, New York, Susan M. Gusic of Springfield, and Doreen J. Dower of Madison, Wisconsin; three sons-in-law, Ted Dacey of White Plains, New York, John Gusic of Springfield, and Jeff Dower of Madison, Wisconsin; two daughters-in-law, Elizabeth Sardella of Agawam, and Elaine Sardella of Cranston, Rhode Island; nine grandchildren, and a nephew, Larry Geddis of Oregon.

He was predeceased by his parents, Salvatore & Dora Sardella, both natives of Sicily and formerly of Medford; his in-laws, Michael & Doris Zaman; and his older sister, Evelyn Geddis of Detroit, Michigan.

The funeral was Monday, July 20th at Colonial-Forastiere Funeral Home and the church, with the burial in Springfield Street Cemetery.

Memorial contributions may be made to the church building fund at 1103 Springfield Street, Feeding Hills, 01030.

Gustav Lehberger

Gustav Lehberger, 94, formerly of 5 Meadowbrook Manor, died in a local nursing home. He was a 43-year employee of the Van Norman Company and retired as an assembler foreman in 1969.

Born in Germany, he moved to Springfield in 1927 and lived here since 1941. He was a member of St. John the Evangelist Church.

He was a 47-year member of the Springfield Turnverein, where he belonged to the bowling league and he also was a member of the Golden Agers Chapter 1 and the Agawam Pool Club.

His wife, Christine (Runte) Lehberger, died in 1994. He leaves a son, Martin of Feeding Hills; a daughter, Marguerite Altobelli of Agawam; a sister, Anni Schmidt of Germany; six grandchildren, and nine great-grandchildren.

The funeral was in the church with burial in Springfield Street Cemetery in Feeding Hills. Colonial-Forastiere Funeral Home was in charge.

Memorial contributions may be made to the Springfield Turnverein Building Fund, 176 Garden St., Agawam, MA 01001.

Melconian Announces Expanded Office Hours To Begin In August

Senate Assistant Majority Leader Linda J. Melconian (D-Springfield) has announced that she is implementing evening district office hours for the convenience of her constituents.

In addition to her regularly scheduled district office hours (Monday through Friday from 8:00

a.m. to 5:00 p.m.), the office will remain open until 8:00 p.m. on Thursday, August 13th, and Thursday, August 27th.

Melconian's district office is located at 375 Walnut Street Extension, Agawam.

FireWise...

Safety In Your Manufactured Home

by Fire Chief David Pisano

It is estimated that over 32,000 manufactured home fires occur each year. They cause 520 deaths, 1,000 injuries, and over \$180,000 in direct property loss.

Fire deaths in manufactured homes occur at twice the rate of fire deaths in houses. Victims in manufactured homes are more likely to be trapped by fire than those in houses.

If you live in a manufactured home, fire is probably the greatest single threat to you and your family. Studies have shown that a fire is most likely to start in the kitchen, followed closely by the living room, bedroom, and utility room.

The following guidelines will help you prevent a fire in your home:

- Install and maintain smoke detectors outside bedroom areas. Test your detectors at least once a month and change batteries annually. If you have smoke detectors that are connected to your electrical system, consider having battery detectors as a back up in case of fire in the electrical system.

- Have an ABC/multi-purpose fire extinguisher on hand and learn how to use it. But, remember, fire extinguishers are small and should be used to fight small fires, after everyone has gotten out and the fire department has been called.

- Plan and discuss with your family what to do in case of fire. If you have quick exit windows, make sure you know how to operate them. If not, have something available to break out the window if necessary.

- Have your heating system checked by a professional at least once a year. Keep areas around furnaces/heaters free of dust and other combustible materials.

- All appliances should be in good working order. Replace worn or frayed electrical cords.

- Electrical circuits should not be overloaded. Before installing a major appliance that wasn't part of your original equipment, check the adequacy of the wiring.

- When using extension cords, make sure they don't run under rugs or carpets.

- Cooking should not be left unattended. If a fire occurs on the stove, put a lid on it or use baking soda or a fire extinguisher.

- Keep kitchen appliances clean and free of grease build-up.

- Make sure your lot is clearly marked so that emergency vehicles can find you quickly.

- Post emergency numbers on your phone and a neighbor's phone.

Look for potential fire hazards around your home and take the necessary steps to correct them. A fire-safe home starts with you.

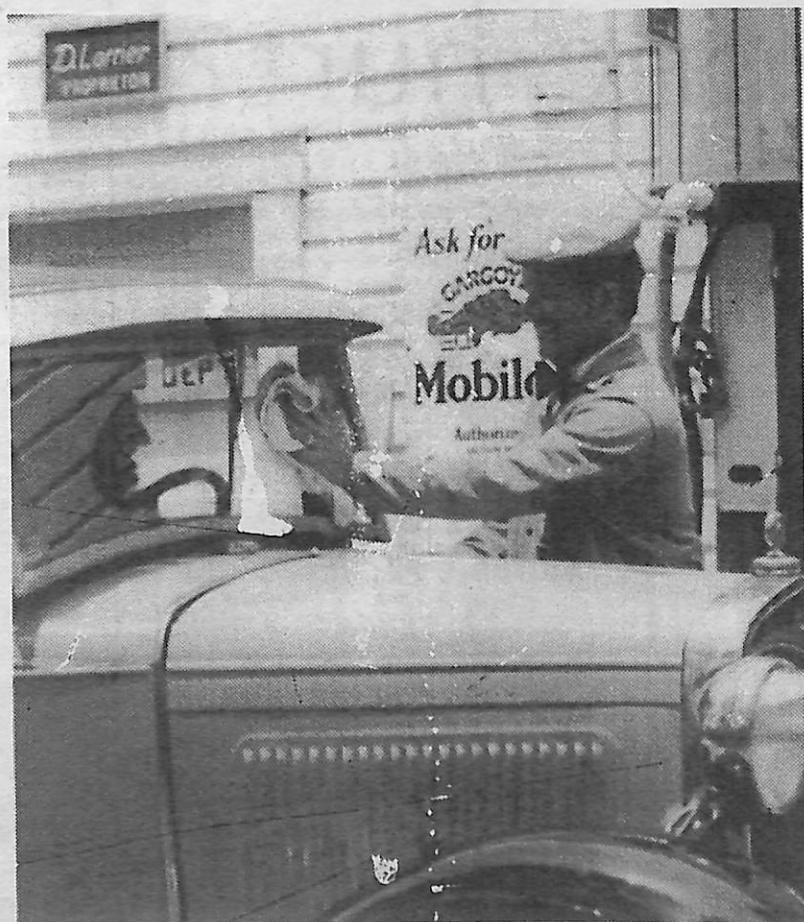
Contact the Agawam Fire Department at 786-2662 for more information.

In Memory Of Ignazio (Al) Albano Former Owner of The Clip Shop



Dad, It's been 5 years,
as time goes by without you
and days turn into years,
they hold a million memories
and many silent tears.
No longer in our life to share
but in our hearts you are always there.

Sadly missed and loved
by your loving wife, Assuntina,
your children, and grandchildren



Remember When People Tried Harder?

Having served families in the area for many years, we have never forgotten the way service used to be...when people gave that extra effort and caring went far beyond the expected.

We are committed to continuing that same philosophy of service — because some things should never change.



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Families

Rosalie Dialessi At Women's Conference

Rosalie Dialessi, Assistant Director of Junior Membership of Massachusetts and a member of the Agawam Junior Women's Club, was one of 1,100 women at the General Federation of Women's Clubs (GFWC) 107th annual international convention last week in New Orleans, Louisiana.

In addition to attending business sessions and workshops on Membership Recruitment and Retention, Mrs. Dialessi heard addresses by Dr. Susan Blumenthal, Assistant Surgeon and Senior Science Advisor, U.S. Department of Health and Human Services, and Paula Bock, a Seattle, Washington reporter whose winning articles about strong women who make hard decisions and find meaning in life earned her the \$1,000 cash award in the Jane Cunningham Croly/GFWC Print Journalism Contest for Excellence in Covering Women's Issues.

Newly-elected GFWC International President Maxine S. Scarbro of Charleston, West Virginia told convention attendees that her President's Special Project for 1998-2000, the Community Improvement Program, speaks to the very essence of clubwork. "In clubs large and small and in communities suburban, rural, and urban, the Community Program can serve as a guide to making your city or town a better place to live," she said.

This year's recipient of the \$5,000 Shell Oil award for best national Community Improvement Program was the Dennis Junior Women's Club of Dennis, Massachusetts. This club of 17 women did a Habitat for Humanity home. The unique aspect of this is that they raised \$46,000 through fundraising efforts, plus the house was built entirely by women. The Massachusetts clubwomen were thrilled by this prestigious honor being given to one of their clubs.

In her remarks, Faye Z. Dissinger, GFWC International President, 1996-1998, said that she looks back over her administration with great joy. "Not



ROSALIE DIALESSI of Feeding Hills, assistant director of Junior Membership of Massachusetts and a member of the Agawam Junior Women's Club, attended the 107th annual international convention of the General Federation of Women's Clubs in New Orleans, Louisiana.

only has it been an honor and a privilege to serve as president, but also it was one of the most rewarding experiences of my life," she added. Mrs. Dissinger noted that over the past two years, GFWC clubwomen gave a total of 27 million hours of their time to improve life for women, men, and children in America and overseas.

As part of GFWC's commitment to the Presidents' Summit for America's Future, clubwomen brought children's books to New Orleans that will be donated by the organization to the Patricia Roberts Harris Educational Center in Washington, D.C. The Federation pledged that its member clubs would increase the literacy of our

nation's youth with a goal of contributing at least \$12.5 million worth of books and materials to public libraries by the year 2000.

Located in the nation's capital, GFWC is an international organization of community-based volunteer women's clubs, with over a million members worldwide in 20 countries. The Agawam Junior Women's Club has been a member of the Federation since 1957 and is known locally for First Time Riders Safety Bus Program, Santa Breakfast, Arts & Crafts Fair, scholarships for graduating seniors, and Christmas ornaments. These are just a few of their programs and fundraising efforts.

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Nights Through August 1st

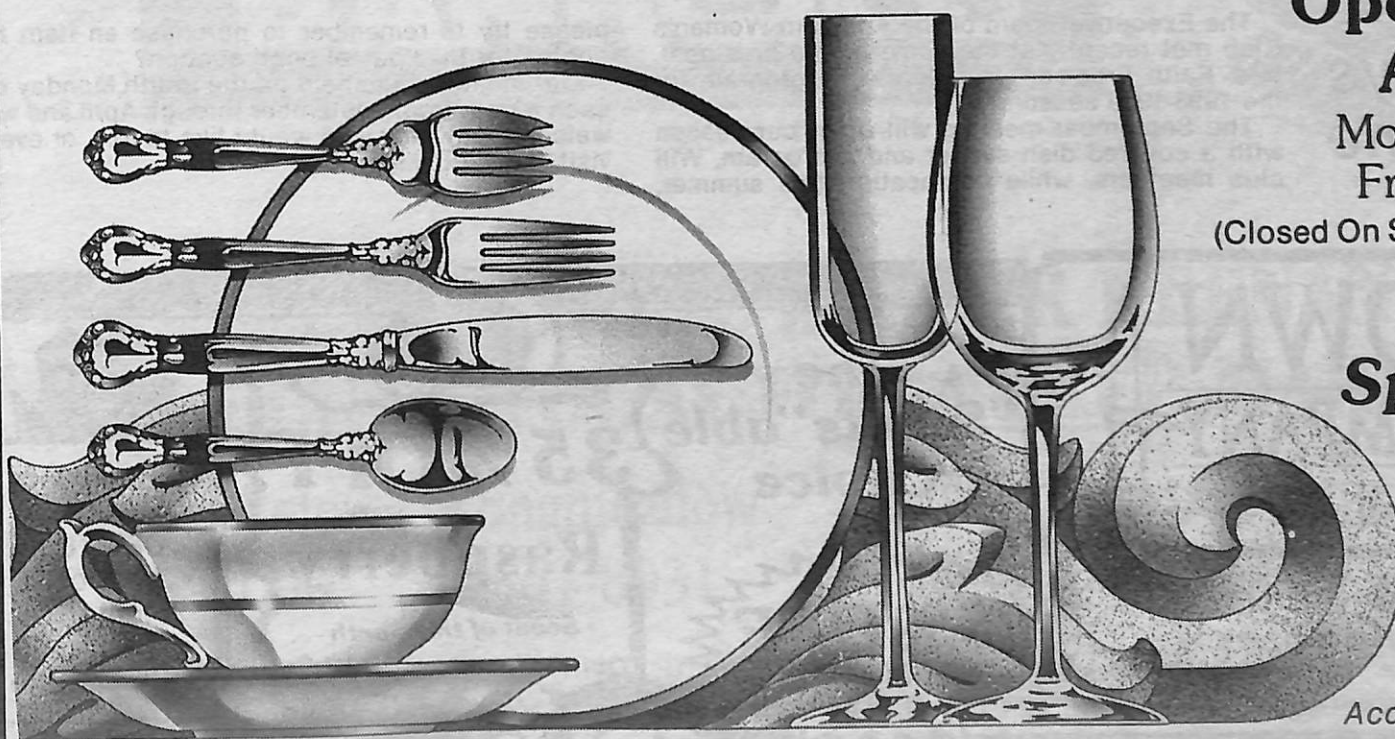
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At 4:00 P.M.**

Mon.—Thurs., 4:00 - 9:00
Fri. & Sat., 4:00 - 10:00
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Longmeadow Flowers Launches Contest "Mom & Me"

Win a trip with mom to Pasadena, tickets to the Rose Bowl, and a ride on the FTD "Mother's Day" float in the 1999 Tournament of Roses Parade.

Longmeadow Flowers, with a store in Feeding Hills Center, in cooperation with FTD, the world's largest floral company, launched the FTD "Mom and Me" Contest. The grand prize winner of this essay contest will win a trip to Pasadena, California for the winner, his or her mother, and two other guests; four tickets to the 85th Rose Bowl; \$1,500 in cash; and a fun-filled ride for the winner and his/her mom on FTD's "Mother's Day" floral float in the 100th Tournament of Roses Parade on January 1, 1999.

Consumers 18 and older can enter the FTD "Mom & Me" essay contest by picking up an entry form at any Longmeadow Flowers location. Entrants will be asked to tell their special "Mom & Me" story in 100 words or less.

The essay can be an anecdote that illustrates what makes the relationship with his/her mother so unique or it may even be a description of the special qualities of the entrant's mother.

Entry forms with the essay can be submitted by mail to a designated post office address and will be judged by a panel of judges assembled by FTD. Entries must be received by September 28th and the winner will be announced in October 1998.

We hope everyone in the area with a special "Mom & Me" story to tell will come by Longmeadow Flowers to pick up an entry form. This contest is a fun way to celebrate "Mother's Day" all summer long and to get people excited about one of the most fabulous flower events of the year, the Tournament of Roses Parade on January 1, 1999. And imagine how great it would be to ring in the New Year with mom in Pasadena, California while watching the Rose Bowl.

FTD has participated in the Tournament of Roses Parade for the past 46 years. This year, the parade's theme is "Echoes of the Past." All floats will celebrate one of the many memorable events that occurred during the 20th century.

FTD's "Mother's Day" float will tell the story of the establishment of Mother's Day as a national holiday in 1914 and will celebrate the contributions that mothers have made throughout the 20th century. The float will consist of breathtaking floral displays of whimsical mother and child woodland creatures in their natural habitat.

Ag. Senior Center's Weekly Lunch Menu

Monday, July 27th: Strip steak, potato au gratin, peppers & onions, whole wheat bread, nectarines.

Tuesday, July 28th: Stuffed peppers, mashed potato, corn, rye bread, pears.

Wednesday, July 29th: BB pork ribs, rice Pilaf, green beans, rye bread, applesauce.

Thursday, July 30th: Cream of broccoli soup, chicken cutlet on a roll with lettuce & tomato, ice cream.

Friday, July 31st: Escarole soup, tuna salad on a roll, pickled beets, chocolate chip cookies.

(Menu subject to change without notice.)

We open weekdays at 6:30 a.m. Deadline is Tuesday noon.

Senior Pool Players Face West Side Seniors



POOL PLAYERS AT BOTH THE AGAWAM SENIOR CENTER and the West Springfield Senior Center competed in a friendly competition on Monday, July 13th. Advertiser News photos by Jack Devine.



Agawam Women's Club Begins Making Plans For 1998-1999 Club Season

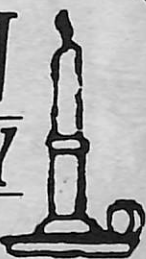
The Executive Board of the Agawam Women's Club met recently at the home of the president, Mrs. Faith Freeman, to prepare the program for the 1998-1999 season.

The September meeting will open our season with a covered dish supper and a program. Will club members, while on vacation this summer,

please try to remember to purchase an item to donate for the "parcel post" auction?

Our meetings are held on the fourth Monday of each month from September through April and we welcome any lady who would like to join, or even visit, our club. More later.

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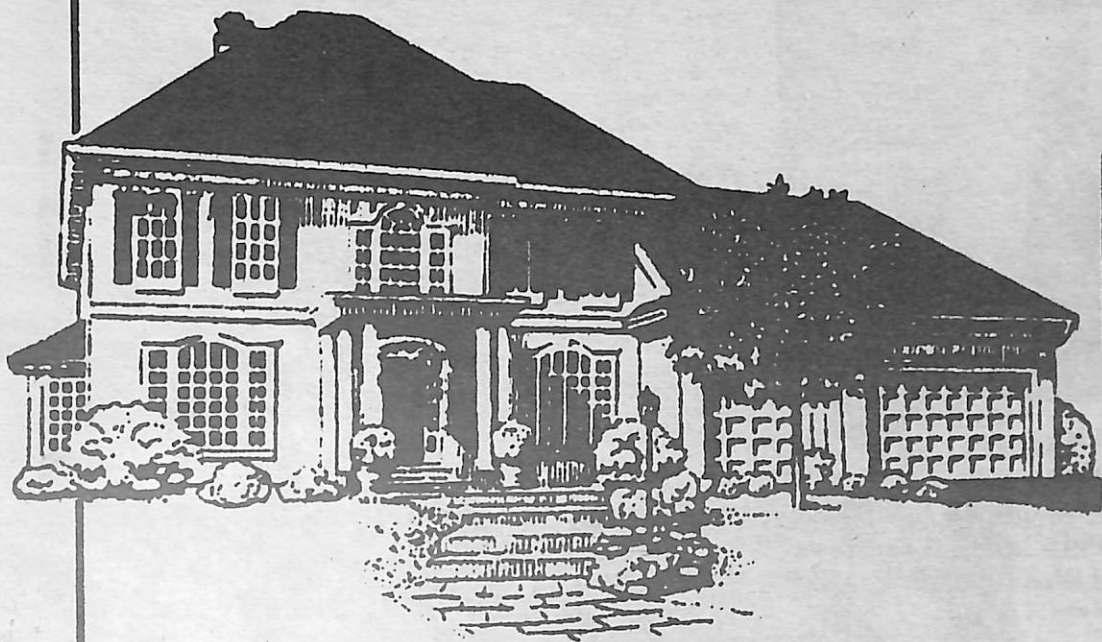
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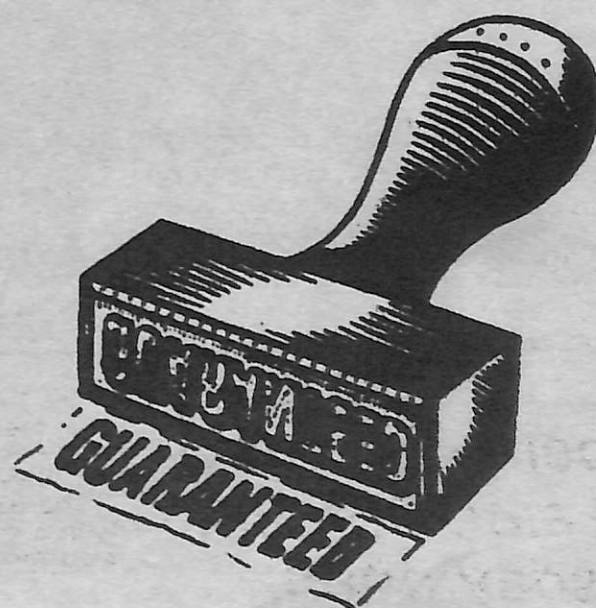
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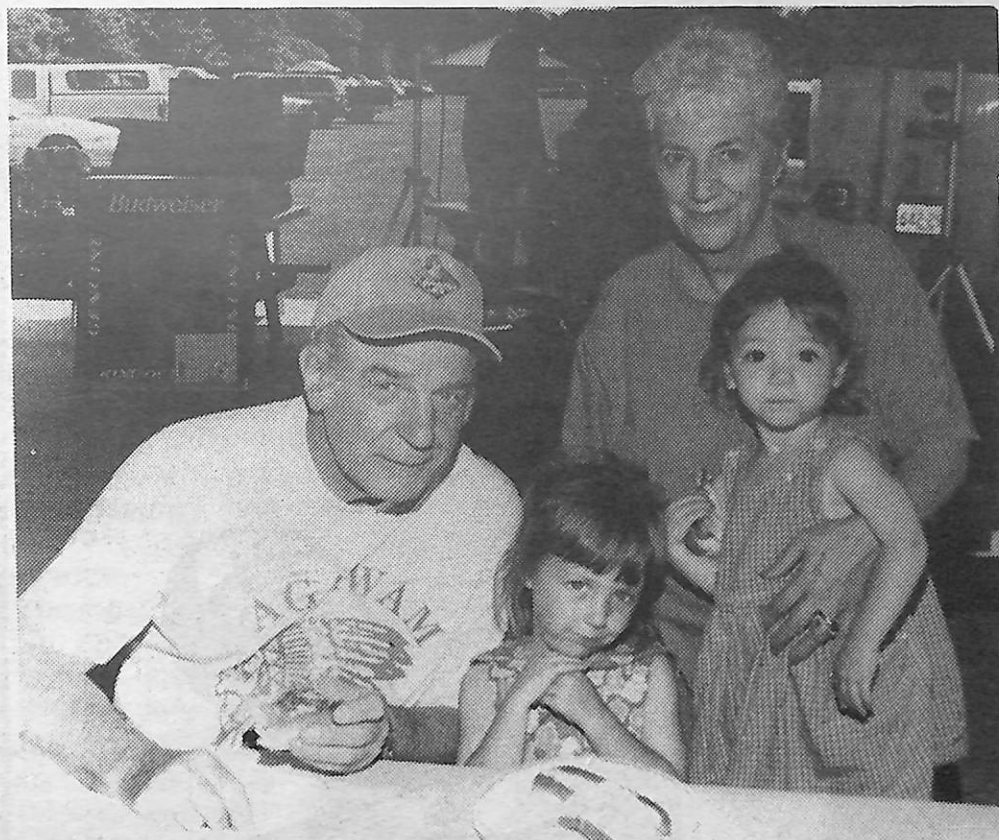
Southwick
569-0138

*This is a limited time offer. Some restrictions do apply. A contract detailing all aspects of this offer will be presented to the home seller prior to the listing being taken. Homes under \$75,000 are entitled to a \$500 guarantee.

Friends Of Lisa Ziegert Gather For Annual Picnic



THE ANNUAL FAMILY PICNIC to honor the memory of Lisa Ziegert was held on Sunday, July 5th, at the VFW pavilion on South Street. IN TOP PHOTO, Joan Eckert, Donna Brignoli, and Barbara Viens were three of the chefs; IN PHOTO BELOW, School Committee member Louis Massoia, and his wife, Vi, attended with two of their grandchildren - Angelina and Marysa Massoia. Advertiser News photos by Jack Devine.



MEMBERS OF THE ZIEGERT FAMILY were on hand for the Annual Lisa Ziegert Picnic on July 5th at the VFW pavilion on South Street. From left - Dave Ziegert, Lynne Ziegert, Mark Rogerson, Dee Ziegert, George Ziegert. Advertiser News photo by Jack Devine.

LEGAL NOTICE

LEGAL NOTICE

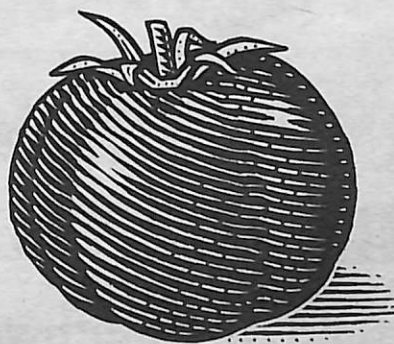
TOWN OF AGAWAM

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, 68 Main St., Agawam, MA on THURSDAY, AUGUST 6, 1998 at 6:30 P.M., for all parties interested in the appeal of EDWARD & ANDREA LACOUR, who are seeking a Special Permit in accordance with Section 180-71 of the Zoning Ordinances, which will allow for the construction of an addition and garage at the premises identified as: 84 MEADOWBROOK ROAD.

Ronald A. Hebert
Chairman

Published: July 23, 1998

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our
classified
pages
today!*



"As we begin picking our field tomatoes, we pose the question: is any vegetable more versatile? Perfect in soups, salads, sandwiches, sauce, salsa or sliced with a dash of salt, the tomato wins hands down. But don't neglect our other offerings (yellow, white, and butter & sugar corn, beans, summer squash, beets, carrots, cukes, pickles, raspberries, etc, etc.) or we'll be accused of playing favorites!"

E. Cecchi Farms 1131 SPRINGFIELD STREET *Feeding Hills*

"Everything you'd grow if you had 40 acres."

Local Stop & Shop Raises Funds For "Food For Friends"

In response to the Second Harvest National Food Bank Network Hunger Study, Stop & Shop Supermarkets throughout New England and New York dedicated the month of April as "Food for Friends" month.

Each store sold paper cans for \$1 at the registers and culminated with the ninth Annual Food Drive. As a result, Stop & Shop broke all "Food for Friends" fundraising efforts and raised over \$510,000 and 249,863 pounds of food.

Thanks to the help of its customers, the Feeding Hills Stop & Shop raised \$2,463 and 1,166 pounds through its "Food for Friends" program. All donations will go to the Western Massachusetts Food Bank and its member agencies. In total, \$232,375.49 and 98,223 pounds of food were raised in Massachusetts.

The "Food for Friends" program continues throughout the year with a variety of events. In the fall, each Stop & Shop store "adopts" a local hunger relief organization and holds in-store events to collect food and raise funds. The company's suppliers support a clipless coupon program which results in \$150,000 donation to Second Harvest and its network of local food banks. In addition, the company distributes turkeys to food banks annually through its Turkey Express program.

"Food for Friends" is an integral part of Stop & Shop's Community Partnership program. In 1997, Stop & Shop donated over \$12.5 million in produce, cash, and services to Second Harvest and its local food banks.

The Stop & Shop Supermarket Company, New England's largest supermarket company, operates 188 stores in Connecticut, Massachusetts, New York, and Rhode Island.

*check our classified
pages every week*

Borgatti Recognized By Easter Seals

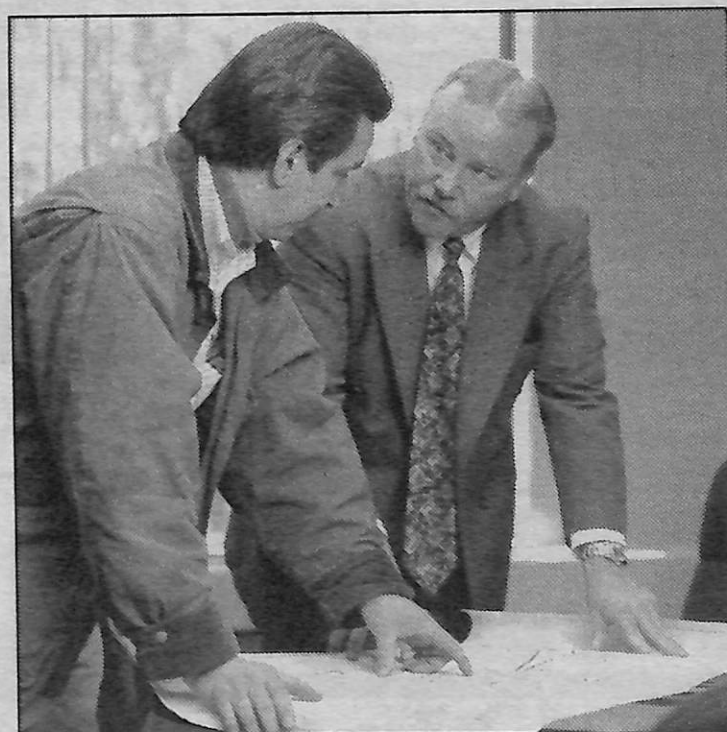


EDWARD BORGATTI, JR. (left) of Agawam, was recently recognized for his volunteer efforts during the 1998 Easter Seal Annual Campaign. Along with his fundraising efforts, Borgatti is serving as a member of the Easter Seals' state Board of Directors. Presenting the award to Borgatti was William Magrone, 1998 Easter Seal Annual Campaign chairman and a member of the board of directors.

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Joseph M. Diabo Visits Hong Kong With U.S. Navy

Navy Fireman Joseph M. Diabo, son of Pat Sidusky of 17 Amherst Ave., Feeding Hills, recently visited Hong Kong while on a six-month deployment to the Western Pacific Ocean and Arabian Gulf aboard the aircraft carrier USS Abraham Lincoln, home ported in Everett, Washington.

During the port visit, Sailors and Marines from Diabo's ship participated in Project Handclasp providing humanitarian aid to adults and children residing in a disaster relief organization, a school for the mentally handicapped and an international Christian school.

In addition to providing food, hygienic items, toys, books, and paper to the recipients, members of Diabo's ship is cleaned, repaired, and painted buildings.

Project Handclasp is an official Navy program established in 1962 to promote mutual understanding, respect, and goodwill through direct person-to-person contact between American citizens and citizens of other lands. Educational and goodwill materials donated by various U.S. organizations are distributed to needy citizens in foreign countries.

Carriers, like USS Abraham Lincoln, are forward deployed around the world to maintain a U.S. presence and provide rapid response in times of crisis. They serve as a highly visible deterrent to would-be aggressors and, if deterrence fails, offer the most versatile and powerful weapons available.

He joined the Navy in August 1997.

Pvt. Eric J. Copson Enters Basic Training At Fort Benning

Army Pvt. Eric J. Copson has entered basic infantry training at Fort Benning, Columbus, Georgia.

During the training, the soldier will receive instruction in drill and ceremonies, map reading, tactics, military customs and courtesies, and first aid. He will develop basic combat skills, and experience using various weapons available to the infantry soldier.

Copson is the son of Iris M. and Charles E. Copson of 131 Northwood St., Feeding Hills.

He is a 1997 graduate of Agawam High School.

Agawam Rotary Club Sponsoring Kids' ID

The Agawam Rotary Club is sponsoring Kid-Care ID on July 25, 1998 at 7:00 p.m. on the Veterans' Green at Phelps School.

Parents will be able to have their children photographed, weighed, measured, and fingerprinted at no charge.

During the event, a magician will be present to entertain the crowd. At dusk, the movie "Babe" will be shown and is sponsored by Riverside The Great Escape.

Apple Pie Making At Heritage Hall



HERITAGE HALL NURSING HOME RESIDENTS (East Building) Arthur LeBeau, Anna Kostanski, and Rose Almeida were busy making apple pies recently to be enjoyed by staff and fellow residents. Advertiser News photo by Jack Devine.

Annual West Side Arts Festival At Town Common August 1st & 2nd

The 27th Annual West Springfield Arts Festival will be held on Saturday, August 1st and Sunday, August 2nd on the West Springfield Town Common, RAIN OR SHINE.

The hours are from 10:00 a.m. to 5:00 p.m. on Saturday and 12:00 noon to 5:00 p.m. on Sunday. The West Springfield Chapter of UNICO NATIONAL will provide food tents and the West Springfield KIWANIS CLUB will sponsor an ice cream stand.

Over 200 exhibitors of fine arts and crafts will be participating. The festival is open to the public, free of charge, and includes both food and live entertainment. Crafters and artists come from the New England area and as far away as Florida. Free parking is available behind the Town Hall. A canopied tram, courtesy of the Eastern States Ex-

position, will shuttle passengers to the Festival and Ice Cream Super Scoop and back to the Town Hall.

The entertainment this year is a spectacular combination of five groups and artists. There will be two performances on Saturday by the Exit 7 Youth Players at 10:00 a.m. and 1:00 p.m.

The Bascom Quintet (Motown Blues) will also entertain on Saturday with two concerts, one at 11:00 a.m. and another at 2:00 p.m. On Sunday, the Riverboat Ramblers will present a concert at 12:30 p.m. and Mr. Slim and LJ will present three concerts of Goodtime Ragtime and Jazz at the west end of the Common. At 3:00 p.m., the Festival will conclude with a two-hour concert by the Shea Swing Orchestra.

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Check our classified pages every week

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MR. & MRS. TIMOTHY D. MICHAEL

Silvana Manes Bride Of Timothy D. Michael At St. Mary's Church

On May 24th, the marriage of Silvana E. Manes and Timothy D. Michael took place at St. Mary's Church in Longmeadow.

Silvana is the daughter of Mr. & Mrs. Luciano Manes of 50 Halladay Drive in Feeding Hills. Timothy is the son of Mr. & Mrs. Daniel Michael of 84 Pineview Circle in Agawam.

Jennifer Lomelino attended the bride as maid-of-honor. Robert O'Sullivan served his cousin as best man.

Silvana is a graduate of American International College's School of Nursing in Springfield. She is currently a pediatric nurse at Baystate Medical Center in Springfield.

Timothy is a graduate of Assumption College in Worcester. He is a sales consultant at Balise Lexus in West Springfield.

The couple went to Aruba for their honeymoon and now reside in Southwick.

Our deadline is every Tuesday at noontime!!!

Rotary Keeping Clean



AGAWAM ROTARY MEMBERS, from left - Charles Heyl, David LeLancey, and Mike Grandfield recently helped with a clean-up of the Veterans' Green in Agawam Center. Advertiser News photo by Jack Devine.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM

You are hereby notified that a public hearing will be held at Agawam Middle School, in the Town of Agawam, Massachusetts, at 7:00 o'clock p.m., on Monday, August 3, 1998 upon petition of Western Mass. Electric Company dated June 30, 1998 for permission to relocate pole number 89 to property line. This work is being done to install a new feed to T&R Wholesale in the ways or parts of ways designated in said petition, along which designated route of line you are an owner of real estate as determined by the last preceding assessment for taxation.

Dated this 14th day of July, 1998.

Information regarding this petition may be obtained from Western Mass. Electric Company in Springfield, Tel. No. 785-5871.

Petition: DRG No. 1335 Street: Springfield Street
Ursula Retzler
Clerk of the Council

Published: July 23, 1998



Agawam Senior Games Athletes Planning Another Busy Day

ASGA is planning a TAG SALE/CAR WASH/BAKE SALE at the Agawam Senior Center on Saturday, July 25th, from 9:00 a.m. to 3:00 p.m. We have exercise equipment, kitchen items, clothing, craft items, and much, much more!

There will be grab bags for children and adults, so we suggest that you come early (as these items disappear fast). Our bake table promises to have many delicious surprises, and we will be serving donuts and coffee for \$1.

It is always a hard-working but enjoyable day for the athletes, and we look forward to seeing all of our friends come to browse, have their car washed, and visit over a cup of coffee.

Please mark this date on your calendar, and come and join us for a fun day.

We open weekdays at 6:30 a.m. Check our classifieds

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Church News

Strawberry Supper At First Baptist Church



EMMA CROSS was a popular gal at the recent Strawberry Supper at the First Baptist Church - she was serving dessert!!! Advertiser News photo by Jack Devine.



AT THE AGAWAM FIRST BAPTIST CHURCH Strawberry Supper, kitchen workers included, from left - Norm Roberts, Warren Nowill, Percy Hastings, and Don Nowill. **IN PHOTO RIGHT**, enjoying their fine meal were Bea Couture, Fern Stowe, and Norm Couture. Advertiser News photos by Jack Devine.



Church Of Christ Has Bible School

"HOOKED ON JESUS: Catch the Beatitude Attitude" is the theme for Vacation Bible School at the **West Springfield Church of Christ** (61 Upper Church St., just off Route 20, in West Springfield) on **August 9th-13th** from **6:30-8:30 p.m.**

Children ages three through the sixth grade are welcome. Dwight Mowrer, the congregation's first minister, will lead the adult class each night. The Bible school will feature the puppetry antics of Taz and Ralph, skits performed by the church Youth Group, dynamic songs, and crazy crafts to complement the stories about Jesus.

There is no cost for enrolling your kids. Just call the church at 736-1006 or Stephen Rollins at 789-6035 to reserve your child a spot at the hottest VBS in the Pioneer Valley. Every child is welcome!

Bible School Set At Ag. Congregational

The "Exodus Freedom Story" Summer Vacation Bible Camp is scheduled for July 27th through July 31st, from 9:00-11:30 a.m.

The children will experience the birth of Moses, his people's slavery in Egypt, and their exodus to freedom. Come and join us as we part the Red Sea, build the "Golden Calf" and build the Ten Commandment tablets.

Through these activities, the children will partake in the freedom story. Children two through sixth grade are welcome to attend the camp. Older youths can volunteer as helpers to assist the teachers.

Cost of the camp is \$7 per child; third child is free. Registration forms are available in the church office. Walk-ins welcome! For more information, you may call the church office at 786-7111.

Parish News & Events From St. John's Church

PARISH PICNIC — AUGUST 30TH

Time to mark your calendars for our annual Parish Picnic at the VFW grounds on the last Sunday of August.

Rudy Altobelli and Mariann Green will co-chair this year's event. There will be a meeting of the Planning Committee on Tuesday evening, July 21st, at 7:00 p.m. at the Parish Center.

If you have any suggestions for the 1998 Picnic, please let them know or call the Rectory. We hope this will be a good family celebration, blending generations of old and young to have fun together.

OVER-60 CLUB

The Club's trip to Lancaster, Pennsylvania, includes four shows: "Holiday Treasures," "Noah" at the Millelith Theatre, "Holiday Time" at the Living Waters, and "Jacob's Choice" at the Amish Experience Theatre, plus admission to Gettysburg, the Electric Map, and the Eisenhower

Farm.

Cost will be \$370/person, double occupancy. If interested, call Barbara, 786-7037, or Lil, 786-9586, and get your name on the list.

RELIGIOUS EDUCATION NEWS

CCD Registration for 1998-99: Come to the Parish Office during business hours. All registrations should be in by **September 1st** so the program can get off to a smooth start. *But the earlier the better.*

Child safety has led to a **New Schedule** for classes:

Grades 1-4 — **Saturday** morning, 9:00 to 10:00 a.m. (same).

Grades 5-7 — **Tuesday** evening, 6:15 to 7:15 p.m.

Grades 8-10 — **Monday** evening, 6:15 to 7:15 p.m.

Confirmation, Grade 11 — **Monday** evenings, 7:30 p.m.

"Not What You Intended" Theme Of Worship Service At First Baptist Church

At the 9:30 a.m. worship service this Sunday at the First Baptist Church, Rev. Richard Barnes will speak on "Not What You Intended."

Genesis 45: 1-28 will be the scriptural text he will use. Stephen Bailey will lead the responsive reading. Special music will be presented by Donna Kennedy and Kathy Zysk.

Greeters for the morning include Aletha and Everett Hodge and Norman and Vivian Roberts.

Children's church starts at 10:00 a.m. with stories and crafts focusing on the Old Testament. Nursery care for babies is provided.

There will be a social hour following worship in Davis Hall. If you are a visitor in town, come and worship with us. We are an American Baptist Church, located at the corner of Main & Elm Streets.

Remember: Our youth will be sponsoring a car wash in the church parking lot from 8:00 a.m. to 4:00 p.m. on Saturday, July 25th.

A free will donation is in order. All proceeds will go to Youth Missions projects.

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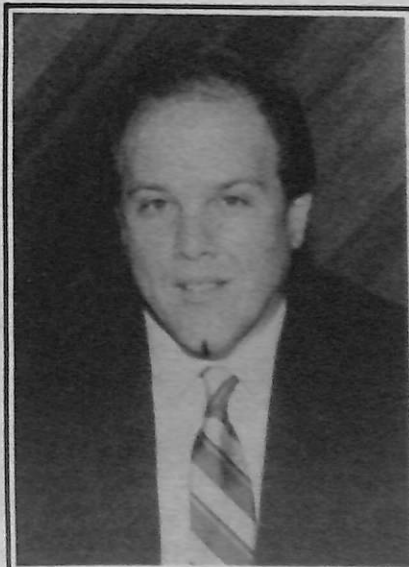
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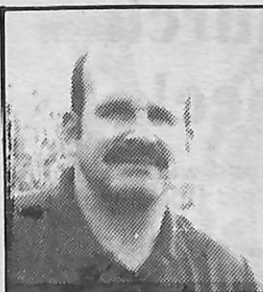
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Church News - continued...



Reflections...
submitted by
Rev. Peter Monahan
Pastor of the Church
of the Apostles,
Suffield, CT
(860) 668-4444 or
(413) 786-8735

Don't Give Up!

Former President Ronald Reagan used to like to tell the story of a young boy shoveling horse manure in a barn. The more he shoveled, the happier he got. He whistled cheerfully throughout his work. Finally, somebody asked the boy why he was so happy shoveling horse manure. The boy replied, "Because I just know that with all this horse manure, there has got to be a pony in here somewhere!"

There are two ways people handle disappointment or adversity. One way is to shrink back in the face of what may seem at the moment to be overwhelming odds. Some people do that, then spend the rest of their lives wondering what the outcome would have been had they tried to overwhelm the odds themselves instead.

For any of us facing any challenge whatsoever, God says to us, "Don't give up!" God knows we can't go it alone, and He also knows we may be pursuing the wrong goal. However, He invites us to look to Him, and trust His goodness. In fact, Jesus once told a story about this topic to illustrate this very point.

And He said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.' And he answers you from within, 'Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up and give him anything

because he is his friend, at least because of his persistence he will get up and give him whatever he needs."

In Jesus' little story, the man with the means is not willing to share his wealth at that moment because it is inconvenient. God is not miserly like the man in Jesus' story, which Jesus was quick to say. Jesus then quickly shifted from parable to point. "So I say to you, Ask, and it shall be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened." Jesus encourages us to learn the heart of God, for when we do that, we can pray with great confidence. We can truly pray, "Your kingdom come."

Elsewhere in Scripture we are warned not to seek wealth just for our own pleasure; but rather to seek to know, and then the ability to do, the will of God for our lives. There is no more noble a guest than that.

Jesus' promise is that if we persist in prayer, we will receive God's answer. It may take some time and effort on our part, but Jesus says to us, "Don't give up!" Sadly, too many people fail to receive many of the blessings God wishes to bestow upon them, because they give up too easily at the first hint of disappointment.

Abraham was a man who exercised persistence in prayer. One time, Abraham stood with God overlooking Sodom and Gomorrah. God had told Abraham He was about to destroy both cities because of the awfulness and intensity of their sins. Abraham knew the heart of God, and prayed on behalf of the residents of the cities. "Will You indeed sweep away the righteous with the wicked?" asked Abraham. "Suppose there are 50 righteous within the city; will You then sweep away the place and not forgive it for the sake of 50?" Even though there were thousands of residents involved, God agreed not to destroy the cities for the sake of only 50 people. Abraham persisted, and eventually got the number down to 10. Today, Abraham would encourage us to persist in prayer. He would tell us, "Don't give up!"

Over 60 Club At St. John's Church Plans Another Trip

The trip to Lancaster sponsored by St. John's Over 60 Club includes three nights' stay at the Comfort Inn, Sherwood Knoll.

Also included is wine tasting at the Mount Hope Estate & Winery, six meals, and four shows; "Holiday Treasures" and "Noah," at the Millenium Theatre, "Holiday Time" at the Living Waters, "Jacob's Choice" at the Amish Experience Theatre, plus a ride aboard the Strasburg Railroad and admission to the Choo Choo Barn.

All taxes and gratuities are included in the price of \$370/per person, double occupancy.

If you would like more information, please call Barbara Gingras at 786-7030 or Lil Doyle at 786-9586.

"Mass Of Anointing" To Be Performed At St. Anthony's

Father William Rousseau will celebrate a "Mass of Anointing" at St. Anthony of Padua Church (corner of Maple & Bridge Sts., Agawam) on Sunday, July 26, 1998 at 2:00 p.m.

Prayers and anointing with the "Oil of Chrism" will be offered for the healing of mind, body, and spirit.

Please call 786-4451 to register for anointing and to let us know if you are in a wheelchair or have any special needs.

Refreshments will follow the Mass.

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Church News - continued...

F.H. Congregational Lists Activities For Coming Weeks

You are welcome to join with us at the Feeding Hills Congregational Church which is located at 21 N. Westfield Street in Feeding Hills.

Summer worship hour begins at 9:15 a.m. The lectionary readings for this Sunday, the eighth Sunday after Pentacost, are Hosea 2:1-10, Psalm 85, Colossians 2:6-15, (16-19), and Luke 11:1-13.

The Lector will be Lani Kretschmar. Rev. Donaldson will return to the pulpit this Sunday. His sermon title is "Being God's People." We also will welcome Jeanne Trinquie as our guest organist for this Sunday.

Children are welcome to attend worship with their parents; nursery care will be provided for the very young.

There are new mailboxes installed by the stairs to the Sunday School classrooms. They are labeled and ready for use. For everyone's convenience, one has been added for office mail.

Vacation Bible School will take place here on two Sundays in August. Sessions will be held on August 2nd and again on August 16th from 9:15 a.m. until noon.

If you have a child interested in attending, please keep these dates available. If you think you're too old to attend, think again. There are many ways in which you can help. Please speak to a member of the Board of Christian Education or use the posted sign-up sheet in Griswold Hall if you are interested in helping with or attending VBS.

On the calendar:

Thursday, August 23rd: 7:00 p.m., A.A.

Saturday, August 25th: Rebuilding team returns from Georgia

Sunday, August 26th: 9:15 a.m., Morning worship

Tuesday, August 28th: 7:00 p.m., A.A.

check our classified pages!

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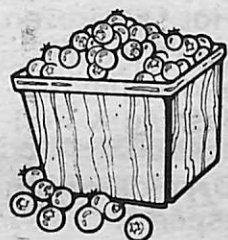


"Native"



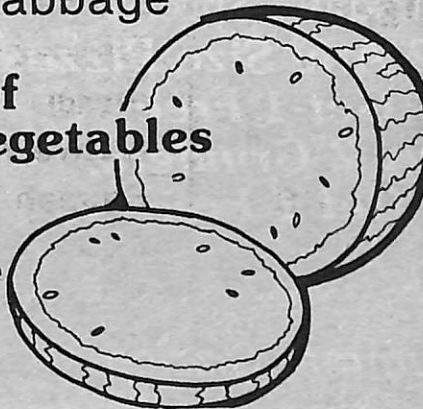
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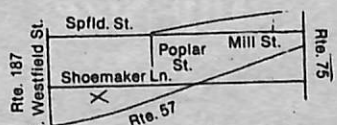
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Agawam Congregational Church Lists Events For Coming Week

This Sunday, July 26th, is the Eighth Sunday After Pentacost. Worship Service continues at 9:30 a.m. at Agawam Congregational Church. Rev. Fuller's Sermon will be: "Connected With God" taken from Text: Col 2:1-15. His Children's Message will be "Use the Power."

The Adult Education Classes will continue each Sunday morning at 11:00 a.m., held in the air conditioned Church Office, following the Worship Service. All are welcome to attend these classes.

This Sunday, July 26th at 4:00 p.m., there will be a Memorial Service for Robert "Bob" Strniste.

This summer, Church School curriculum for church school, ages preschool through sixth grade, continues. The program curriculum, "The Whole People of God," will be held downstairs each Sunday following the Children's Message, where there will be one class for all the children attending. This program will run through the summer months. This week's class will be led by Nel Ellsworth.

The Open Pantry item for this Sunday is

Scout Pack 75 At Sacred Heart Church Seeking New Members For September Start

Scout Pack 75, sponsored by Sacred Heart Church in Feeding Hills, is looking for new members for the Pack's September starting date.

Openings are available for first grade Tigers and parents; second grade Bob Cats and Wolves; third grade Bears; and fourth and fifth grade Webelos.

There are Den meetings weekly and Pack meetings monthly. Den and Pack activities include District and Council events. Tiger events in-

clude "Tiger Quest" as well as the other Pack events, including popcorn sales, Bowl-A-Thon, Pinewood Derby, Cub Day Camp, Hike-A-Thon, Webelos Woods, Residence Camp, Blue & Gold Banquet, Memorial Day Parade, Halloween Party, Christmas Party, as well as field trips with their Dens.

macaroni sauce. Items collected will be donated to the Agawam/West Springfield Open Pantry.

The Summer Vacation Bible Camp begins this Monday, July 27th and runs through July 31st from 9:00-11:30 a.m. Children ages two through sixth grade are welcome to attend the camp. Older youths can volunteer as helpers to assist the teachers. Cost of the camp is \$7 per child; third child is free. Registration forms are available in the church office. Walk-ins welcome! For more information, you may call the church office at 786-7111.

A baseball trip has been planned for Monday, August 24th to see the **New Britain Rock Cats vs Trenton Red Sox**. The Grand Slam Family 4-Pack is available that night. It includes four tickets, four hot dogs, four fountain sodas, and four boxes of popcorn for only \$29. **Prepaid deadline is August 10th.**

We will carpool to the game. Contact Bill Martin, Dan Pender, or Rev. Curt Fuller at the church office for more information at 786-7111.

If you are interested and would like more information, call 786-2309 (leave message and phone number).

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Fresh Ground Round 5 Lbs. Or More	\$2.49 Lb.
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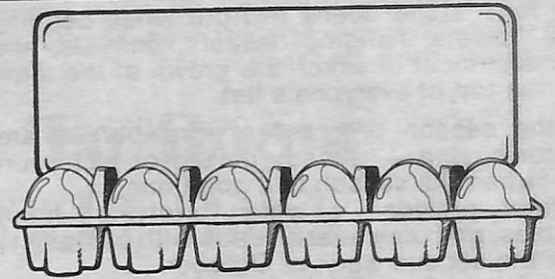
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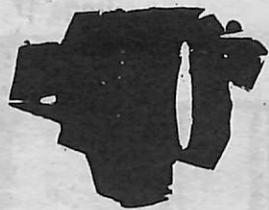
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Spotlight On Business

Sample The "Fruits Of Their Labors"...

Produce Is Prime For Pickin' At Calabrese Farms

by Joan Lussier
Feature Writer

Southwick: We, in New England, are so fortunate that summertime provides us with an abundance of fresh fruits and vegetables.

For some of us, this means just walking into our backyard gardens and picking the "fruits of our labors." But, for those who cannot have a garden, or who do not have the time to take care of one, there is one local place where just-picked produce is ready and waiting for us: **CALABRESE FARM**, located on Feeding Hills Road, Southwick.

Started in 1952 by Joseph and Eleanor Calabrese, the pair began their farm and started to sell their produce under a tree on their front lawn.

Now taken over by the second generation of Calabreses, Tom and Donna, the 400-acre farm has 200 acres that are farmed. Of this land, 70 percent of what is grown is wholesale to local supermarket chains, while 30 percent is for sale at their farm stand.

The farm stand opens in April when bedding plants, flowers, hanging baskets, annuals, and perennials (most of which are grown at the farm) are at the top of everyone's list.

As the season progresses, strawberries are ready for buying — already picked or pick-your-own — when the season is a good one.

Summer provides a wide variety of fresh vegetables, and their season ends with pumpkins, usually the second week of October.

So, here we are already in July, and what is available at the Calabrese Farm?

There are 18 different crops of vegetables grown, which include: corn, cabbage, squash, zucchini, tomatoes, carrots, beets, radishes, lettuce, green beans, wax beans, broccoli, fresh herbs, strawberries, blueberries, and peaches (just to name some).

Corn is R-E-A-D-Y...

Right now, corn is R-E-A-D-Y, and for corn lovers that means fresh corn picked once (sometimes twice) daily to ensure their customers the freshest corn they can get!

Tom told us that he plants 10 different varieties of corn, with 15 different plantings throughout the season. The corn is grown on 75 acres, so for the local markets as well as their stand, there is plenty of fresh corn available. Varieties include white corn and the ever-popular butter-and-sugar corn.

How long can fresh corn last, and what is the best way to prepare it?

SEE CALABRESE - Page 19...



THE SIGN FOR CALABRESE FARMS, which is located on Feeding Hills Road in Southwick. Advertiser News photo by Joan Lussier.



DONNA CALABRESE loads fresh green beans into a box to be sent to local markets. Advertiser News photo by Joan Lussier.

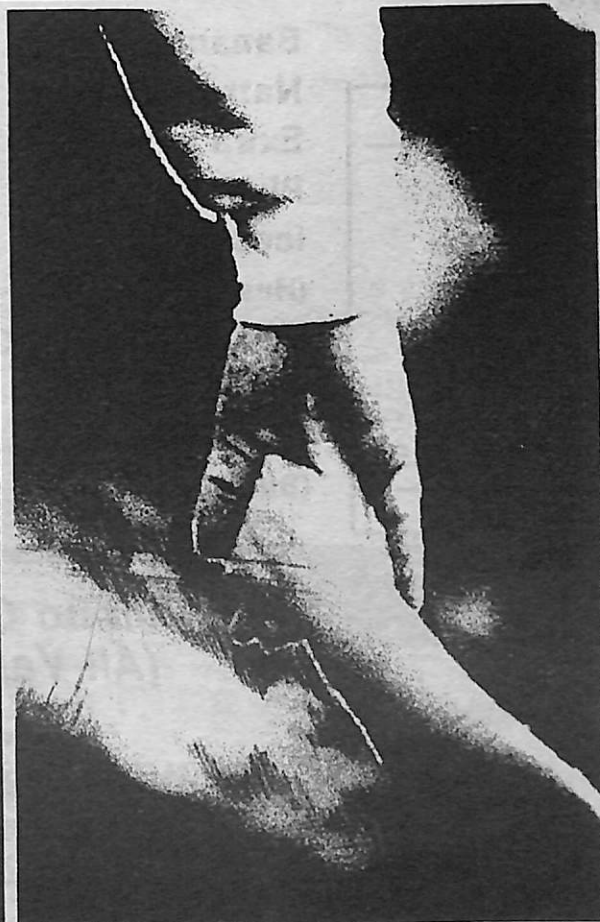
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*"For I am the Lord,
your God, who takes hold
of your right hand and says
to you, Do not fear,
I will help you."*

- Isaiah 66:13

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Spotlight On Business - continued...



TOM CALABRESE and his daughter, **Danielle, 10**, load fresh-picked corn into a bin for sale at the stand. Advertiser News photo by Joan Lussier.



CAREY BETTINGER bundles beets that are ready for sale at the Calabrese stand and various local markets. Advertiser News photo by Joan Lussier.

CALABRESE FARM - from Page 18...

According to Donna, corn should be refrigerated and cooked within two days. As for preparing this summer staple, corn can be microwaved. (Of course, for a large family, the line for corn could stretch to the door.)

Corn can also be grilled when the silk is removed and the husks are left on. But, as we were told, if the kernels are small, there is a risk of overcooking it or even burning the corn.

For most of us, the old-fashioned way of boiling it still remains the best. Donna said the way she found to be the best is to bring a pot of water to a boil, drop in the corn, cook for five minutes (to ensure the saving of nutrients), and then shut it off and wait for the rest of the dinner to be cooked to serve.

Of course, lots of butter and salt are real old-time favorites for serving!

Another favorite of the summer is tomatoes, and Calabrese offers many popular varieties. They have 10 different plantings during the season to ensure this delight all summer long.

A Family-Run Business...

Tom and Donna Calabrese are the second generation of this family-run business, and now their children (the third generation) are also a part of the business. Their children — Joe, 16, Mike, 13, and Danielle, 10 — are an integral part of daily activities and the learning process of the farm.

While we may purchase our produce at local supermarkets, which might indeed be produce grown at Calabrese, there is nothing better than going to a farm stand knowing that the produce we have selected was picked that very day and is indeed "farm fresh."

Compared to local markets, buying produce at the Calabrese farm stand is good quality at reasonable prices, and it is a good feeling knowing that the produce is "just picked fresh."

These days, business is getting more and more competitive with large markets, outlets, and wholesale shopping. Therefore, it is so important

to support local businesses who have started from very little and worked to be thriving and self-supporting.

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Business Continues To Boom For Growing Westfield Bank

Business continues to boom at Westfield Bank with a strong financial showing during the second quarter of 1998. Assets gained \$9,323,128 during the quarter bringing the total to \$562,357,771, up from \$525,299,581 this time last year. Deposits increased more than \$9.5 million to end the quarter at \$492,346,880.

"Our continued growth during the second quarter once again shows that businesses and consumers are turning to locally owned banks to handle their financial needs," said bank President Donald A. Williams. "Westfield Bank offers the local decision making and personal service that

businesses and consumer deserve and should expect."

Business Loans for the Quarter were up \$1,059,865 reaching a total of \$23,371,657. Consumer Loans increased 1,799,399 for a total of \$32,685,633. Real Estate Loans also registered an increase of \$12,101,476, bringing that total to \$348,101,741.

Westfield Bank is a full service community bank with branch offices in Agawam, East Longmeadow, Southwick, West Springfield, and Westfield.

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Spotlight On Business - continued...**Legal Memo**

by
Alan J. Ferrigno, Esq.
 546 Springfield St., F.H.
 (413) 786-9454

**Property Division Agreement Between Unmarried Cohabitants Enforceable**

The Court recently decided that a written agreement between two unmarried cohabitants which defined their rights as to the services rendered and the property acquired during their relationship was valid and enforceable.

The parties had lived together as an unmarried couple for approximately 25 years before separating. The woman then brought an action against the man for a declaration that the parties' written agreement concerning their respective property rights was invalid & unenforceable. The trial judge concluded that the agreement was not enforceable and awarded the woman damages on her quantum meruit claim. The man appealed.

The Supreme Judicial Court had not previously considered the validity of written agreements between unmarried cohabitants regarding their rights as to services rendered and property acquired during their relationship. Noting the prevalence of cohabitation between unmarried parties, the Court stated that it would do well to recognize the benefits to be gained by encouraging unmarried cohabitants to enter into a written agreements respecting property and financial matters, given that the consequences for each partner can be considerable on termination of the relationship or death of one of the partners.

The Court concluded that unmarried cohabitants may lawfully contract concerning property, financial, and other matters relevant to the relationship. Such contracts are subject to the ordinary rules on contract law and are valid even if expressly made in contemplation of a common living arrangement. Moreover, such contracts are not governed by the threshold requirements applicable to an antenuptial agreement, including the requirement that the agreement be fair and reasonable. However, an agreement between unmarried cohabitants would not be valid to the extent sexual services constituted the only, or dominant, consideration for the agreement, or if some other public policy ground necessitated denial of enforcement.

The Court clarified that its holding was not intended to derogate the clear distinction between the legal rights of married and unmarried cohabitants. Also, the Court clarified that it was not retreating from its prior expressions regarding the importance of the institution of marriage and the strong public interest in ensuring that its integrity was not threatened.

The Court concluded that the parties' agreement was enforceable. Both parties were adults with the capacity to contract, and they understood each other's financial worth prior to executing the agreement.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts.

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Walter E. Phelps

Travel Talk...

by **Lori Keeley, CTC**
 Travel Connections, LTD
 10 Chestnut Street
 West Spfld., MA 01089

**Alaskan Cruise Comments**

This letter is from one of our clients who recently sailed to Alaska with Royal Caribbean Cruise Lines. Our client, Mrs. Genevieve Miller, returned home on July 4, 1998 and wanted us to share this information with all our readers.

On behalf of Travel Connections, LTD, thank you, Genevieve, for your comments.

CRITIQUE OF CRUISE SHIP: RHAPSODY OF THE SEA - ROYAL CARIBBEAN
June 27 - July 4, 1998**Positive Comments:**

1. The best exercise program I have experienced in the ships I have cruised on to date (20 cruises). We were able to participate in four exercise sessions prior to 9:30 a.m.!
2. 67 shore excursions available on this cruise. The one we thought best was the "Flight and Float" trip, where we took a small plane to view glaciers at close hand and then took a rubber boat down the river to view wildlife. This was the "total" Alaskan experience!
3. Meals at formal dining room and upper level were equally good.

4. Disembarking the ship was done in a quick, orderly fashion.
5. There were always plenty of seats available for the show even if you came in late.
6. Port stops were interesting.

Negative Comments:

1. Minor point, but the bacon on the Windjammer (casual dock) was never done enough.
2. More time should be spent in Juneau. Less time should be spent in Ketchikan.
3. Slot machines did not pay out "at all."

CRITIQUE OF FOUR SEASONS HOTEL VANCOUVER, BC
July 4-5, 1998**Positive Comments:**

1. Big room with desk, sofa, full length mirror, extra hallway.
2. Large, thirsty towels.
3. Wonderful supply of toiletries.
4. On bed, two sheets with comforter in between.
5. Good area. Close to cruise ships on pier; close to Gastown.
6. Near River Walk, which goes from pier to Stanley Park (good walking area).

Negative Comments:

1. Very slow procedure checking in. Arrived at 11:00 a.m. and because we wanted a non-smoking room, we had to wait until 4:00 p.m. However, our annoyance was soothed by the fact that a big bowl of fruit with an apology note was delivered to our room.

If you have any questions or concerns regarding travel, you can write to Lori Keeley, Travel Connections, LTC, 10 Chestnut Street, West Springfield, MA 01089. Thanks for reading The Agawam Advertiser News.

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Spotlight On Business - continued...



COMMON SENSE

with
Raymond Rose
THE PIONEER GROUP

The Secrets Of Getting Organized

HOW ORGANIZED ARE YOU? TAKE THIS TEST

() Does it often take you more than five minutes to find a particular letter, bill, or other piece of paper?

() Are there papers on your desk that you haven't looked through for a week or more?

() Have you forgotten an appointment or a special date in the past month?

() Do your newspapers and magazines pile up unread?

() Do you frequently lose or misplace things?

() Do things pile up in the corners of the closets or floor because you can't decide where to put them?

() After coming home from shopping, do you find that your forgot to buy something?

() In the case of tragedy, would your spouse find your valuable papers and records?

() Do you want to get organized, but you don't know where to start?

THESE ARE YOUR PROBLEMS

You fail to make time to get and stay organized... Set specific time aside every day for tackling your organizational problems. Write things in your appointment book just as though it was a doctor's appointment.

You fail to follow up... Don't assume that you'll remember what you have to do in the future. Even if you could remember, why would you want to clutter up your mind? I keep a to-do list and a calendar with me at all times, and I log everything. In fact, I also use my electronic organizer extremely effectively, especially the alarm. I can't live without it.

You fail to set priorities... Again, I sue my to-do and my calendar for everything. Get in the habit of writing down every future task that arises as it

arises. Each morning or evening, list the most important and urgent things that must be completed that day. Mark each item number 1 (deadline issues), number 2 (basic tasks), number 3 (routine tasks). Cross off each item as it's completed, and transfer unfinished items to the next day's list.

You fail to divide a complex problem into small, manageable segments... Don't try to fix everything at once ... get focused. Divide your problems into small units. If the problem is a physical one (a messy basement), visually check out the room and list the elements to work on. If the problem is a system or a process, mentally run through it and break it down. Also, it's very important that you work on solving only one small problem at a time.

You fail to deal with paper... There are four things that you should do with paper... **toss it...pass it along to someone else...act on it...file it.** Each piece of paper requires its own small decision. The worse thing you can do is pick up a piece of paper, and then put it down because you don't know how to handle it.

You fail to plan ahead... If you are working on a complex project, it is extremely important to pace yourself over the weeks and months that you have to complete it. Always list on specific dates on your calendar how far long you plan on being on your project, and then check your progress.

You fail to make use of services... Many of us were raised to feel that it's wrong to hire others to do menial tasks for us. **Necessary attitude change:** My time is worth too much to waste it on doing things that I don't want to do. Use a student to run errands, a cleaning person who'll maintain your house/laundry.

You fail to consolidate... Combine errands...do all your errands geographically, make all your phone calls at once...pay all your bills at once, etc. **Consolidate your movements.**

Everyone has the ability to get and stay organized. It's actually a very simple thing to do, you just must realize that it's going to take time and discipline throughout every day to the day to stay on top of things. I guarantee that getting and staying organized will make you a happier person.

Ray Rose of THE PIONEER GROUP can be reached by phone, 413-731-6800; voice mail, 413-846-0961; or fax, 413-731-6881. THE PIONEER GROUP is the area's number one buyer's agent.

Pam Savioli

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Trying To Sell Your House "As Is" Can Be A Problem...

Selling a house "as is" means the seller and the real estate agent make no warranties or representations as to the property condition and the seller will not repair any defects. However, the seller and the agent must tell the buyer about any known defects in the house.

Most prospective buyers are scared off by "as is" offers.

If the seller is not interested in making home improvements that better prepare the property for sale, they should have a written disclosure listing. There are always people looking for a bargain with the idea of improving the property themselves.

If you wish to discuss selling your house, please contact Pam Savioli at (413) 748-7565.

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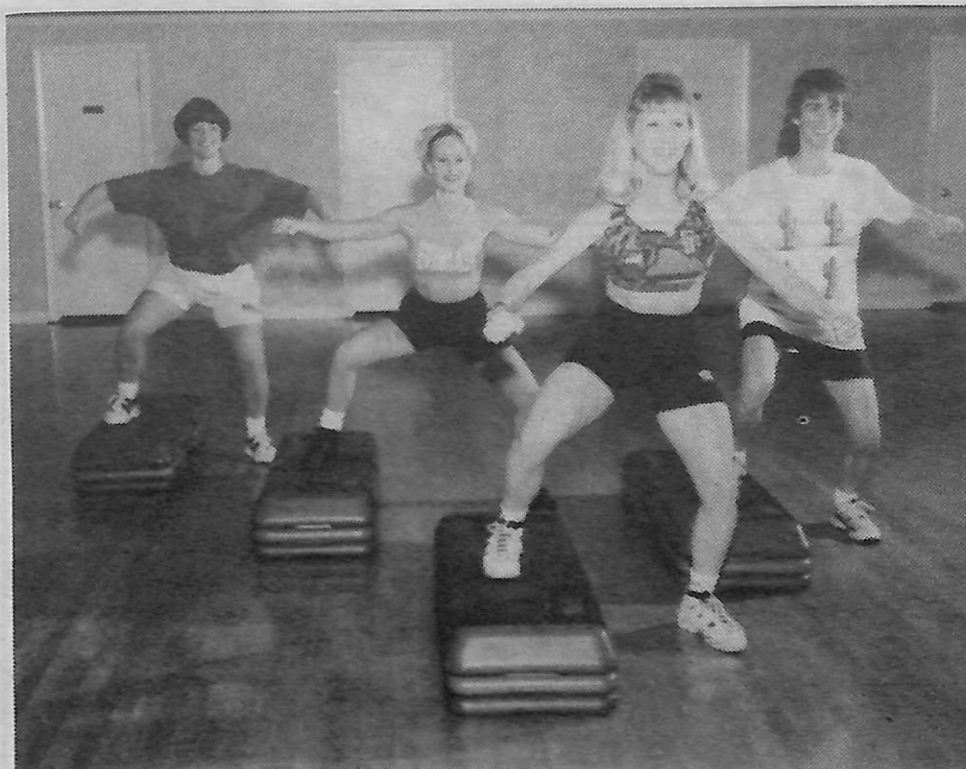
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Final Week



For Your Health



Food for Thought

by Nancy Dell
Registered Dietician

Fat & Oils In The Diet: The Great Debate

Fat is a hot topic. For well over a decade, the attention of health experts and consumers has focused on issues related to fat and cholesterol.

The evidence is clear that a lower total fat, saturated fat, and cholesterol diet reduces the risk of chronic health problems, such as heart disease, some types of cancer, diabetes, and obesity. However, the debate continues about how much and what type of fat to consume.

It's becoming increasingly clear that the type of fat is just as important as the total amount of fat you eat.

Know Your Fats

Fats that are solid at room temperature are mostly saturated fat. Animal products, such as beef, pork, poultry, whole milk, cheese, sour cream, and yogurt, as well as coconut, palm, and palm kernel oils, contain mostly saturated fats.

Saturated fats can increase blood cholesterol levels. Higher levels of blood cholesterol increase the risk of heart disease. Fats and oils that are liquid at room temperature are mostly unsaturated, either monounsaturated or polyunsaturated.

Examples of monounsaturated fats are canola, olive, and peanut oils. Corn, soybean, and sunflower oils are high in polyunsaturated fats. Foods that contain mostly unsaturated fats include avocado, olives, and peanuts.

Monounsaturated and polyunsaturated fats have a blood-cholesterol-lowering effect and can lower the risk of heart disease. Reducing total fat and replacing some saturated fat with unsaturated fats can help lower your risk of heart disease.

The Good And The Bad

Ideally, the following blood lipids should be within normal ranges: total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, and triglycerides.

LDL is known as "bad cholesterol" because it deposits fats and cholesterol on the lining of arteries.

HDL is called "good cholesterol" because it carries the fat and cholesterol away. Ask a registered dietitian or your physician about your blood lipids to see if you are at risk for heart disease.

What Is The "Fats & Oils" Debate?

Nutrition experts are concerned that some people are cutting dietary fat too drastically. That is, they're choosing eating patterns that are too low in fat and too high in carbohydrate, especially simple sugars.

While very low fat diets lower total cholesterol and LDL levels, they also lower the beneficial HDL levels and may raise blood triglycerides, which is not desirable. Also, calorie intake may still be too high, leading to obesity, another risk factor for heart disease.

Researchers* are finding that if you replace some saturated fat with monounsaturated fat, LDL cholesterol, and total cholesterol are lowered without decreasing HDL cholesterol levels, or raising triglyceride levels.

Calories Still Count

Too many calories from any source—fat, carbohydrate, or protein—can lead to weight gain, even if the diet is low in fat. Be sure to check the number of calories per serving on nutrition facts labels when you choose foods. A registered dietitian can determine the right calorie intake for you and tailor a healthful eating and physical activity plan to meet your individual needs.

The Bottom Line

Follow the Food Pyramid to choose a healthful eating pattern. Select a wide variety of foods. Include complex carbohydrates such as fruits, vegetables, and whole-grain products. Replace some saturated fats with mono- or polyunsaturated fat, and enjoy regular physical activity.

PEANUTTY VEGETABLE MEDLEY

8 oz. couscous, rice, or pasta
2 teaspoons vegetable oil
1 large onion, chopped
2 cloves garlic, minced
8 oz. tomato sauce
½ cup water
2 teaspoons chili powder
2½-lb. head of cauliflower, broken into florets
2 carrots, cut into ½-inch slices
1 green pepper, sliced
½ cup regular or reduced-fat creamy peanut butter

Cook couscous, rice, or pasta and keep warm. In a large saucepan, heat oil over medium-high heat. Add onion and garlic and cook 3-5 minutes, stirring often. Stir in rest of ingredients except peanut butter and bring to a boil.

Reduce heat, cover, and simmer 15 minutes. Stir in peanut butter and simmer 5 minutes longer. Serve over couscous, pasta, or rice. Optional: Sprinkle with chopped peanuts.

Makes 4 servings.

Each serving (using couscous) provides 419 calories, 12 grams fat, 2 grams saturated fat, 10 grams unsaturated fat, 65 grams carbohydrates, 17 grams protein, 12 grams fiber, 535 mg sodium, 0 mg cholesterol.

Fitness Tips...

Working The Abdominal Muscles

by Carmela A. Kirk, RN
Fitness Consultant, Fitness First

Muscles contract, giving support and protection to your body. The abdominal muscles, running from the bottom of the rib cage to the top of the pelvis, shield your delicate abdominal organs.

They also are essential for good posture. At least that's what they were designed to do. Soft, out of shape abdominals not only look bad, but do little supporting or protecting. This is the reason for the many diet and exercise programs available today. Unfortunately, most of these programs don't distinguish between toning abdominal muscle and getting rid of excess fat.

You can't turn fat into muscle, nor does muscle ever turn to fat. They are completely different tissues that lie next to each other in two distinct and separate layers. Keeping this in mind, you can see that no matter how tone those abdominals get, if there is a layer of fat over them, you won't see them.

We need to get rid of that outer layer before really expecting serious results. Fat is our body's way of storing the extra food we eat. (If you don't know what I mean by extra food, please join me for Sunday dinner at my Mom's sometime!) To get rid of it, you need to use more calories than you are taking in. Hence, the simple formula; healthy fuel and exercise equals fat loss.

That is half the battle. Now you need to condition these muscles. Do exercises that involve the abdominals, overload the abdominals, and work them from a variety of different angles so all muscle fibers get a good workout. Look at your abdominals and separate them. You've got upper, lower, and both sides. It is very important to work all four areas.

It is also very important to do more exercise than they are used to. A mild soreness for a day is a good thing. Here are a couple important points to remember.

1. Do not allow the back to arch; 2. Work lower abdominals before your work oblique abdominals; 3. Do side, twisting, oblique exercises before your upper abdominals.

As mentioned earlier, strong abdominals are essential for good posture. I've had multiple cases of people being relieved of their back problem as soon as their abdominal muscles were strong and healthy.

Just as your strong back needs to stay fit to support you, so does your abdominal wall need to stay fit to protect you.

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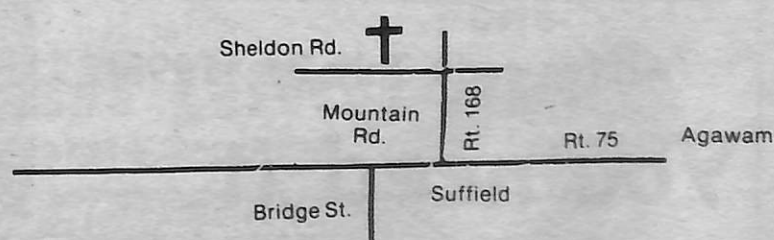
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For Your Health - continued...



Your Back And Your Health

by Dr. Joseph
S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Spine-Related Problems

While working with patients who have spine-related problems, I am often asked about appropriate exercises that can be done to help their problem.

Take advantage of the summer season and do as much swimming as you possibly can. This form of exercise ranks as number one when it comes to overall conditioning.

A considerable portion of our lives is spent in the upright position during work and play. Gravity constantly pulls us toward the earth.

The force of gravity is powerful and takes its toll on all of us. Most of us know that we are actually taller in the morning than in the evening. That's because gravity compresses our skeletal systems and the discs of the spine throughout the day. Have you ever seen someone who is permanently hunched or stooped over due to years of hard physical labor, lifting, and/or bending? The "wearing out" effect is more prevalent in the lower back, hips, knees, and feet. It is quite visible

on x-ray.

So, what can you do about the law of gravity? You'll never change the law of gravity, so why not make use of another law. The power of a fluid to exert an upward force on a body placed in it is defined as buoyancy. The stress and strain to the joints of the body during exercise in water are greatly reduced by this characteristic of water. It is no wonder that so many doctors of chiropractic recommend a water exercise program as part of a recovery process in patients with back problems.

What a wonderful, natural way to combat osteoporosis. Swim regularly!! This applies to people of all ages. What? You can't swim. That's OK, use the shallow end of the pool and do your aerobic workout standing in waist-deep water! What a workout, and fun, too!

When you have a spinal problem, whether the neck, midback, or lowback is involved, it is wise to keep one thing in mind before you begin your water exercise program. Spine problems often become worse with exercise! Be sure your spinal column is structurally sound before starting. Have a doctor of chiropractic check your spine if you have problems.

If symptoms arise following exercise, a chiropractic examination is a must.

Once the spine is properly aligned, my advice is to find a place to swim and then do so on a regular basis. You can't beat this activity for overall muscle conditioning especially those that surround and support your spine.

A spinal examination may be obtained by calling the Schlaffer Chiropractic Office, at 192 Shoemaker Lane, Agawam. 789-1369.

Use Common Sense To Stay Cool During Hot Spells Of Summer

Don't let the summer heat slow you down. Dr. John Santoro, vice-chairman of the Department of Emergency Medicine at Baystate Medical Center, suggests these easy to follow, but important hot weather tips to keep you safe and healthy this summer.

- Stay out of direct sunlight and avoid strenuous activity.
- Postpone athletic activity during periods of high heat and humidity.
- Wear lightweight, light-colored, loose-fitted clothing and a hat when outdoors.
- Drink plenty of liquids - begin drinking before you go outside and, if exercising, drink one quart of liquids an hour to replace lost fluid.
- Avoid caffeinated beverages and alcohol.

"The young and very old are at particularly high risk in hot weather because both have the least ability to regulate their body temperatures," Santoro said.

He said warning signs of an oncoming heat related illness include:

- excessive sweating
- leg cramps
- flushed skin
- nausea and vomiting
- dizziness
- headache
- rapid pulse.

If in doubt about a possible heat illness, consult your physician or visit your local hospital emergency department.

Water Safety Is Crucial During Hot Summer Months!

The Pioneer Valley Chapter of the American Red Cross offers the following tips on how to be safe around the water.

• **Learn to swim.** The best thing anyone can do to stay safe in and around the water is to learn to swim. The American Red Cross has swimming courses for people of any age and swimming ability. The enroll in a course to learn or improve your ability to swim, contact your local Red Cross chapter.

• **Always swim with a buddy; never swim alone.**

• **Know your swimming limits and stay within them.** Don't try to keep up with a stronger skilled swimmer or encourage others to keep up with you.

• **Swim in supervised areas only.**

• **Obey "No Diving" signs** that indicate the area is unsafe for headfirst entries. Enter feet-first into water rather than headfirst if you don't know the depth. In addition, learn the correct way to dive from a qualified instructor.

• **Watch out for the "dangerous too's"** - too tired, too cold, too far from safety, too much sun, too much strenuous activity.

• **Do not chew gum or eat while you swim;** you could easily choke.

• **Use common sense about swimming after eating.** In general, you do not have to wait and hour after eating before you may safely swim. However, if you have had a large meal, it is wise to let digestion get started before doing strenuous activity such as swimming.

• **Alcohol and swimming don't mix.** Alcohol impairs your judgement, balance, and coordination especially in the water. It affects your swimming and diving skills and reduces your body's ability to stay warm.

• **Always wear a Coast Guard-approved life jacket when boating and fishing.**

• **Know local weather conditions and prepare for electrical storms.** Because water conducts electricity, it is wise to stop swimming or boating as soon as you see or hear a storm.

For more information, contact the American Red Cross at (413) 737-4306.

BEST LOCAL NEWS

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Pain In Your Neck

From stiffness to aches, neck pain is common. Your neck is prone to injury from poor posture, years of abuse, wear and tear, and stress. Some problems that may develop are:

1. STIFFNESS (HYPOMOBILITY)

This can result from poor posture, muscle tension, stress, and fatigue. When your neck has too little mobility, this can result in stiffness, pain, and muscle tension headache.

2. INSTABILITY (HYPERMOBILITY)

Is often the result of "whiplash" from a car accident or sports injury. The supporting structures of your neck may be sprained or torn, causing pain.

3. JOINT PROBLEMS (DEGENERATIVE JOINT DISEASE)

Can arise from abnormal stress on the joints in your neck, often an ongoing problem that results from poor posture, repeated movements, or injury. Common symptoms are pain, stiffness, headache, and neck aches (often worse in the morning).

4. NERVE PROBLEMS

Are any variety of problems caused when the nerves (or the roots of the nerves) that pass through your neck are pinched or irritated. Common symptoms include sudden pain when you move your head and numbness or weakness in your arms and hands.

After a thorough chiropractic evaluation, treatment includes spinal adjustments to realign the vertebrae and restore joint mobility. Related treatment may be used to help reduce pain and inflammation and increase circulation.

Taking care of your neck is important - this includes a healthy posture, neck exercises, and overall wellness through regular exercise and a balanced diet.

When Faced With Extreme Heat, Red Cross Offers These Tips...

The American Red Cross is urging Americans to take action to protect themselves from extreme heat. The following are tips from the Red Cross on how to beat the heat.

IN THE HOT WEATHER:

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

- Drink water. Carry water or juice with you, and drink occasionally even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 and 7:00 a.m.

- Stay indoors when possible.

KNOW WHAT THESE HEAT-RELATED TERMS MEAN:

- **Heat wave:** More than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) are expected.

- **Heat index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15°F.

- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

- **Heat exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a

result, the body is not cooled properly. Signals include cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

- **Heat stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high — sometimes as high as 105°F.

GENERAL CARE FOR HEAT EMERGENCIES:

1. Cool the body.

2. Give fluids.

3. Minimize shock.

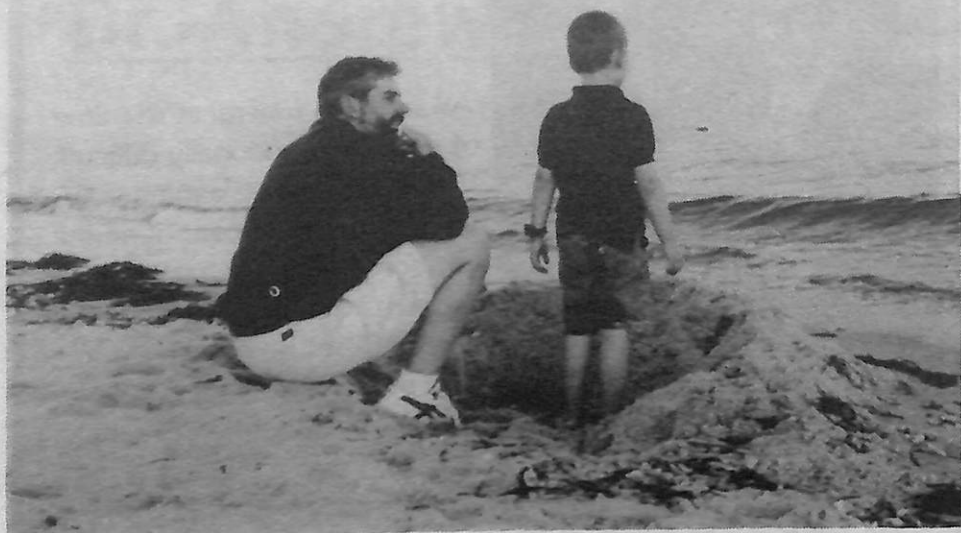
- **Heat cramps/heat exhaustion:** Get the person to a cooler place and have him or her rest in a comfortable position. Give a half-glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.

- **Heat stroke:** Heat stroke is a life-threatening! Help is needed fast. Call 911 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

For more information or to enroll in a Red Cross first aid or CPR course, contact the Pioneer Valley Chapter, 506 Cottage Street, Springfield, MA 01104, (413) 737-4306.

Best Local News...

WE'D LOVE TO HAVE YOUR BACK!

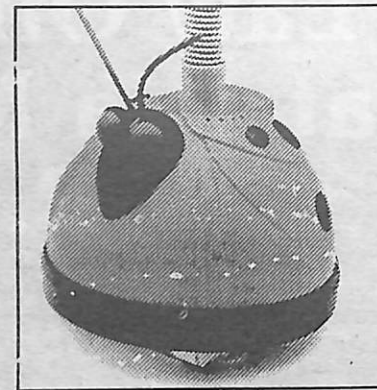


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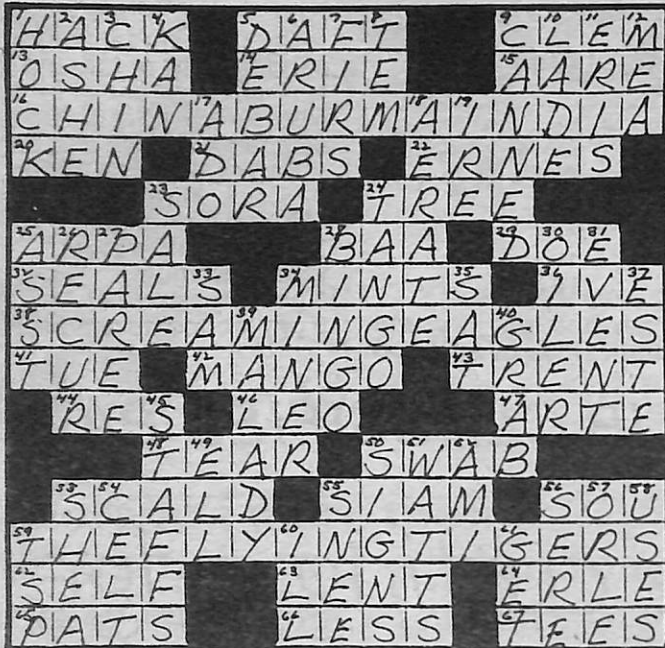


Arts

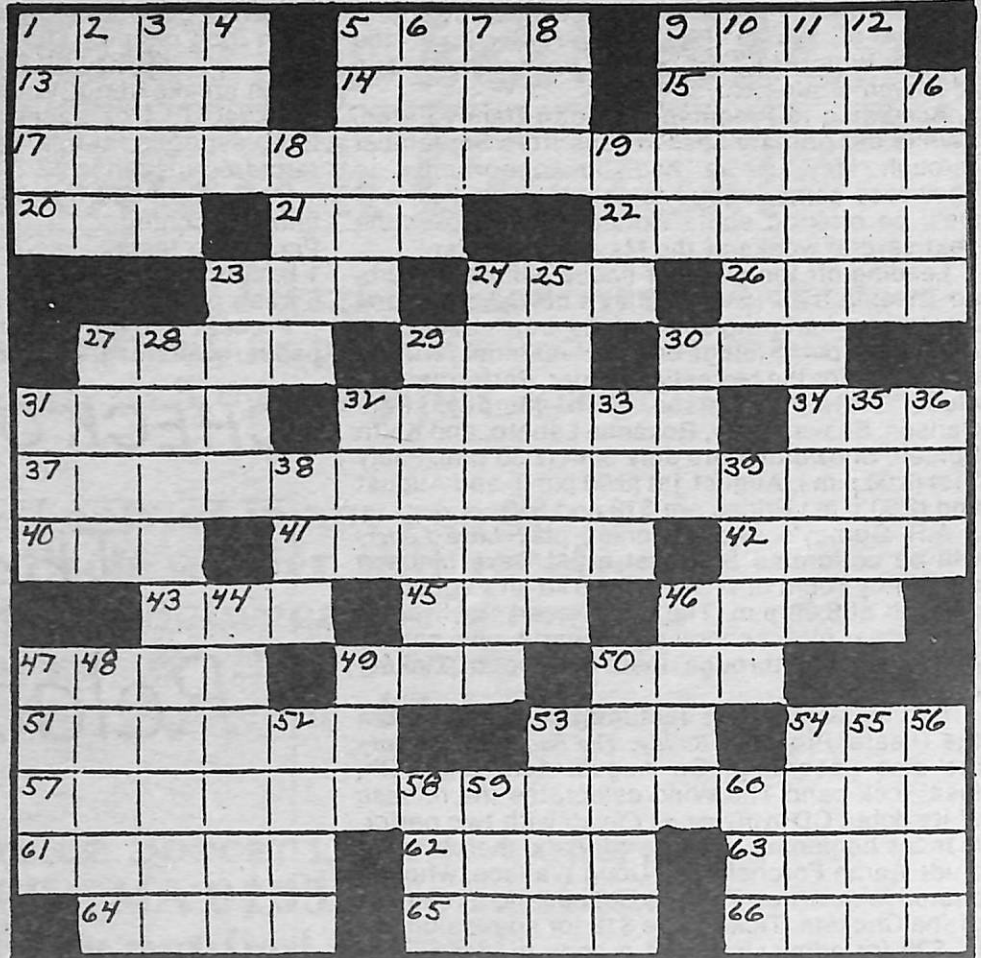
Last Week's Solution...

ACROSS

- 1 Pitcher Hersher
 - 5 Musical work
 - 9 Chromosome positions
 - 13 Actor's gig
 - 14 Sentries' locale
 - 15 U. of Maine town
 - 17 Loud African native
 - 20 Depot
 - 21 Wall of the PGA
 - 22 Irish dog
 - 23 In the manner of
 - 24 Before (prefix)
 - 26 Goes wrong
 - 27 Influence (colloq.)
 - 29 Arafat's org.
 - 30 Actress Lupino
 - 31 "— Nanette"
 - 32 On cloud nine
 - 34 Actress Benaderet
 - 37 Copious Italians
 - 40 Dined
 - 41 Lauder, et al
 - 42 Celebe's oxen
 - 43 Dispose of
 - 45 Sea eagle
 - 46 G.M. model
 - 47 Alice's was blue
 - 49 Dan Marino specialty
 - 50 "— Maria"
 - 51 "When — is not a home"
 - 53 Chemical suffix
 - 54 S. American playground
 - 57 Talkative Athenians
 - 61 Actor Richard
 - 62 Suit to —
 - 63 Assist in crime
 - 64 Totals up
 - 65 Dread
 - 66 Destroy
- ### DOWN
- 1 Round objects
 - 2 Flower bottom
 - 3 Director Kazan
 - 4 Brown of music
 - 5 Aida
 - 6 Sweet wine
 - 7 G.I. entertainment group
 - 8 Letter run
 - 9 Ear part
 - 10 Made a speech
 - 11 Smuggled merchandise
 - 12 Bury
 - 16 "Yours, Mine and —"
 - 18 "— in the Saddle"
 - 19 Compass heading
 - 23 Matty of baseball
 - 24 Shop tools
 - 25 Worse kind of egg
 - 27 Teasdale
 - 28 What Capone ruled in Chicago
 - 29 Brought the run in
 - 30 Altar response
 - 31 Rifleman's org.
 - 32 Asner and Sullivan
 - 33 Hospital hot spots
 - 35 Slaughter
 - 36 "Not — rule"
 - 38 Buntline
 - 39 Stag attendee
 - 44 Habituated
 - 46 Above
 - 47 "Go — over"
 - 48 Mistress of Tara
 - 49 Part of N.E.T. & T.
 - 50 Rage
 - 52 Tries for a tan
 - 53 On the ocean
 - 54 C & W's McEntire
 - 55 Turner, et al
 - 56 Bone (prefix)
 - 58 Lout
 - 59 Mountain Indian
 - 60 Hearing organ



MEET THE MASTER - by Dick Mastroianni



Stories Of Dinosaurs At Agawam Library On Tuesday, July 28th

Agawam and Feeding Hills families are invited to the library on Tuesday, July 28th from 6:30-7:30 p.m. to hear "The Mystery of the Duckbill Dinosaur Eggs" and other stories by Diane Edgecomb.

Some wacky paleontologists found a batch of dinosaur bones, but where are the fossilized eggs? Come help Diane solve the mystery!

REGISTER BY CALLING 789-1550 OR VISITING THE LIBRARY. This program is funded by the Agawam Cultural Council, a local agency supported by the Massachusetts Cultural Council.

subscribe today!!!

Movie "Babe" To Be Shown On Vets' Green

As part of the town's ongoing summer entertainment program, the Academy Award-winning family movie, "Babe," will be shown on a large screen outdoors at Veterans' Green on Main Street, beginning at dusk.

The movie is rated "G" and tells the story of a pig who happens to be a talented shepherd.

Starting at 7:00 p.m., Riverside Park will present an extensive magic show as well as other family-oriented entertainment. This is the first of three consecutive Saturday "drive-in" style movie presentations and is free to the general public.

In the event of rain, the performance will be rescheduled to Saturday, August 15th.

The summer series is co-sponsored by the Agawam Cultural Council and the Agawam Rotary Club with funding from the Mass. Cultural Council and various corporate contributors.

New England Jazz Octet To Perform At Veterans' Green

The Agawam Cultural Council will present the New England Jazz Octet on Wednesday, July 29th, at 6:30 p.m. at the Veterans' Green, Main Street, Agawam.

The New England Jazz members have played together since their undergraduate college years at Holy Cross and Westfield State during the early 70's. This group has performed several thousand concerts all over New England during the past 15 years as the "Radio Swing Orchestra."

The group specializes in various styles, including ragtime, swing, blues, and soul.

NEJO has opened for numerous national acts, including Maynard Ferguson, Tower of Power, Count Basie Orchestra, J. Gielis Blues Time, and many more.

This concert is made possible by a grant from the Massachusetts Cultural Council in conjunction with the Agawam Cultural Council and Agawam Rotary Club.

In the event of inclement weather, the concert will be held at the Agawam Middle School, 68 Main Street, Agawam.

best local news

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Certified Public Accountant
and Consultant

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Feeding Hills

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West Side Theatre Announces Programs For Summer Of '98

Fresh from its triumphant season-ending production of *Buddy: The Buddy Holly Story*, the Theater Project has announced its summer lineup of live entertainment.

According to Producing Director Danny Eaton, "While our primary season runs from September through May, we've had the opportunity to showcase some unique talent this summer, and we'll be offering some exciting shows over the next several weeks at the Majestic Theater."

Leading off the summer lineup will be Disturbed Theater, the Pioneer Valley's new sketch comedy troupe, featuring some of the area's best comic actors performing original material written especially for the Majestic Theater. Performers include Steve Henderson, Rob Murphy, Pete Carlson, Shawn Barry, Roxanne Labato, and Keith Purcell. Showdates are July 30th (7:30 p.m.), July 31st (8:00 p.m.), August 1st (8:00 p.m.), and August 2nd (2:00 p.m.). Prices are \$12 and \$10.

A.R. Gurney's award-winning play *Love Letters* will be performed by guest artist Dave Madsen and Kathy Tobin of WGGB/News 40 on August 7th and 8th at 8:00 p.m. The play traces the lives of two former high school sweethearts who correspond regularly through their adulthood. Tickets are \$12 and \$10.

Two musical events featuring performers from the Theater Project's *Buddy: The Buddy Holly Story* are also upcoming. On August 14th and 15th, local rock band The Wind celebrates the release of its debut CD *Walking on Clouds* with two performances beginning at 8:00 p.m. Band members include Aaron Porchelli and Doug Wallace, who appeared in *Buddy* as The Big Bopper and a member of the Crickets. Tickets are \$12 for admission only, \$20 for admission, and a copy of *Walking on Clouds*.

Howard Hall, Butch Lewis, Woody McLoyd, and LeRoy Starks bring their group Splendid Blend to the Majestic for a Motown Revue on August 28th and 29th at 8:00 p.m. Several fellow *Buddy* alumni will be on hand to play and sing with the band. Tickets are \$12 and \$10.

The Theatre Project is currently staging a raffle for a vintage 1956 Corvette Convertible. This effort, the third of its kind, has proven to be the most reliable fundraising method to offset renovation costs. Tickets are \$10 each and are available at the theater during showtime, or by calling the box office at (413) 747-7797.

Tickets for all these events can be purchased by calling the box office, which is open Saturday (10:00 a.m.-1:00 p.m.), Tuesday/Thursday/Friday (2:00-5:00 p.m.) and Wednesday (4:00-8:00 p.m.).

Important Update Regarding Agawam's Summer Concerts

The summer series of concerts, sponsored by the Agawam Cultural Council and the Rotary Club at the Veterans' Park/Phelps School, will take place every Wednesday at 6:30 p.m. on the lawn by the gazebo.

In the event of rain, the concerts will be moved to the **Agawam Middle School auditorium, 68 Main Street**, because of the renovation of the Phelps School auditorium.

For further information, call the Rotary Club answering machine at 789-7393.

Women's Program At Westfield State To Begin Aug. 19th

Women of all ages can explore the art and science of photography in a new three-session course from Westfield State College's Lifelong Learning Credit-Free program.

The class entitled "Women Exploring Photography" will be held on Wednesday, August 19th and 26th from 6:00-9:00 p.m. and on Saturday, August 22nd from 2:00-5:00 p.m. Photographing, developing, and postproduction will be taught, and each student will create a portfolio.

Instructor Karen Rowell will lead the class for a photo shoot in Stanley Park. Models, lighting techniques, and more will be used to enhance these finished products. The work of great women photographers will be discussed in hopes of developing a broader interest and knowledge in this field.

The cost of this course is \$125 (including most supplies). Registration is limited in this hands-on course. For registration and information, call John at 572-8034.

Some Healthy Recipes Offered By Heart Association For The Summer

The American Heart Association offers the following recipe to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day - not for each food recipe.

BROILED FISH STEAKS

6 fish steaks about ½ inch thick (about 4 oz. each)
2 tablespoons fat-free, cholesterol-free mayonnaise
1 tablespoon salt-free lemon-herb seasoning
Paprika to taste
1 lemon, thinly sliced
6 fresh parsley sprigs

Preheat broiler. Rinse fish and pat dry with paper towels. Lightly coat both sides of each fish

steak with mayonnaise. Place in a shallow broiler-proof baking dish. Sprinkle fish with half the lemon-herb seasoning and half the desired amount of paprika.

Broil for three to four minutes. Turn fish and sprinkle with remaining seasonings. Broil for 3 to 4 minutes, or until fish flakes easily when tested with a fork or is no longer translucent. Garnish with lemon slices and parsley. Serve immediately. Serves 6.

Nutrient Analysis Per Serving

108 kcal Calories	21 gm Protein
1 gm Carbohydrates	60 mg Cholesterol
126 mg Sodium	1 gm Total Fat
0 gm Saturated Fat	1 gm Polyunsaturated Fat
0 gm Monosaturated Fat	

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Riverside

Soccer Classic

Word Search Contest

Within the World Search Puzzle there are 24 soccer-related words. Find as many as you can. Contest is for ages 7- 13. There will be up to 5 winners per age group entered.

If there are more than 5 perfect entries in any age group, 5 will be selected at random. Each winner will receive 3 tickets to the September 5th game between the *University of Massachusetts Minutewomen & the Arizona State University Sun Devils* at the Agawam High School Stadium.

Mail your entry to the Riverside Soccer Classic Contest, 58 Sunset Terrace, Feeding Hills, MA 01030. Contest ends August 15, 1998. Winners will be notified by mail.

Kids, here's a chance to take mom and dad out to watch a highly skilled game of soccer!

For best results, use 3 or 4 different colored pens to outline answers!

J	O	F	F	S	I	D	E	L	K	N	M	L	L	A	B	D	A	E	H	M
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There are 24 possible answers!

1. _____
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Name _____

Age _____

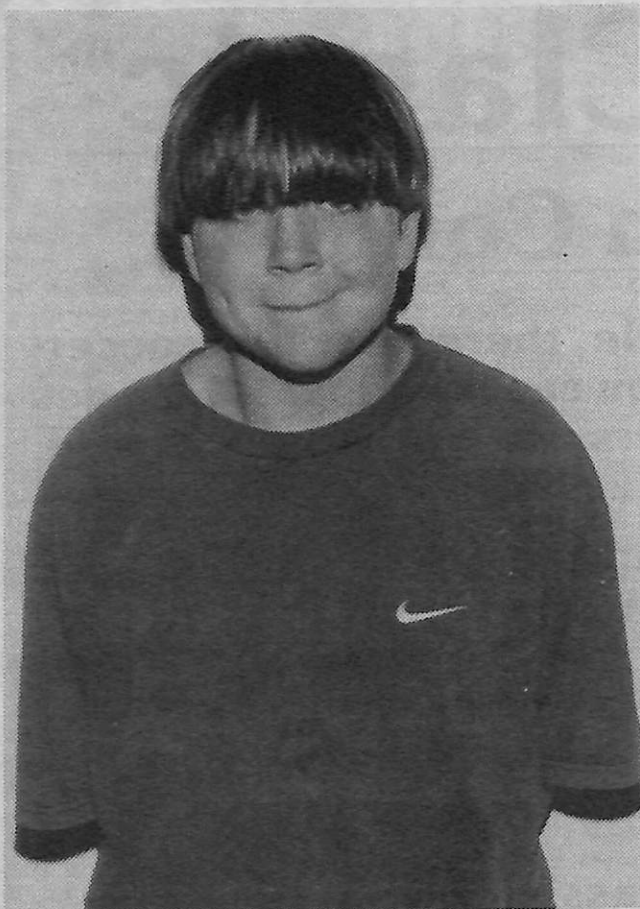
Address _____

Sponsored by the *Agawam Soccer Association*

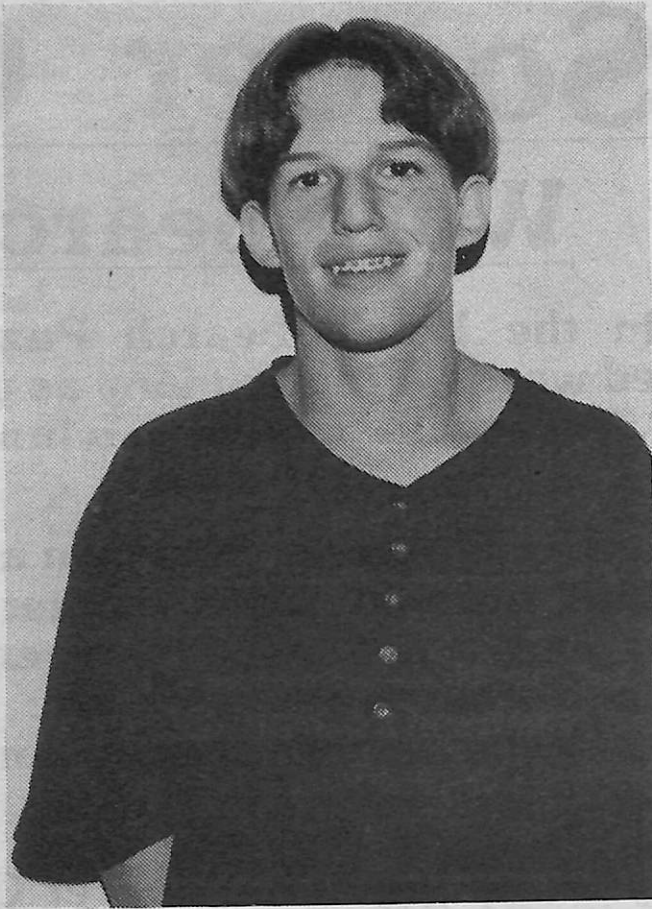


Education

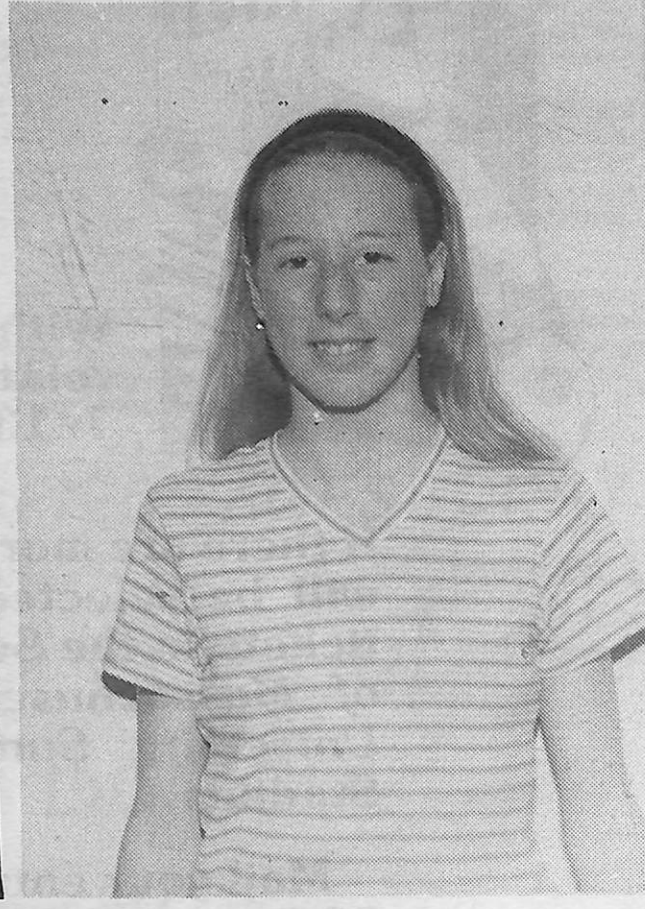
Junior High Recognizes More Students



ART "STUDENT OF THE MONTH" at the Junior High in a photo taken on June 19th was seventh grader Kevin Grimaldi. Advertiser News photo by Jack Devine.



SCOTT ROBERTS, a seventh grader, was the winner of a \$50 savings bond for being named "Student of the Month" for May. Advertiser News photo by Jack Devine.



ELIZABETH HAIRE received the "Excellence in Art" student of the year award for grade seven. Advertiser News photo by Jack Devine.

UMass-Lowell Names Outstanding Students

The University of Massachusetts Lowell honored outstanding students recently, including: Alison M. Jean of 288 North Street, Feeding Hills, who was awarded the University Athletic Scholarship Award, conferred upon the graduating varsity athlete attaining the highest cumulative average.

Alison was also named to the spring semester Dean's List. For inclusion on the Dean's List, a student must have a grade point average of at least 3.0 with no grade lower than B.

Steven E. Munley of Feeding Hills was given the College of Fine Arts TEC Scholarship Award in Sound Recording.

UMass Lowell, a comprehensive university with special expertise in applied science and technology, is deeply committed to educating students for lifelong success and conducting research and outreach activities that bring value to the region.

Town Students Receive Diplomas From Westfield State College

Westfield State College has announced the names of area graduates who received degrees in the spring of 1998.

From Agawam:

Dyan Deluce of 39 Losito Lane, Bachelor of Science in Education in Elementary Education; Russell Phaneuf of 90 Royal Street, Bachelor of Arts in Music, Magna Cum Laude; Denise Vonmarschall of 18f Mansion Woods Drive, Bachelor of Arts in Social Sciences, Cum Laude; Ronald Wieners, Jr. of 43 Dogwood Lane, Bachelor of Arts in Liberal Studies.

From Feeding Hills:

Catherine Greene of 31 Hendom Dr., Bachelor of Arts in Psychology; Ryan Harlin of 123 Robin Ridge Dr., Bachelor of Science in Business Management; Herman Hochreich of 272 Garden

Street, Bachelor of Arts in Political Science, Cum Laude; Jeffrey Mark Kratovil of 1086 North Street Ext., Bachelor of Science in Criminal Justice; Steven Lanier of 28 Oak Ridge Drive, Bachelor of Science in Business Management; Tammy Leary of P.O. Box 293, Bachelor of Arts in Psychology, Summa Cum Laude; Richard Pioggia of 658 South West Street, Bachelor of Science in Business Management; Jaime Rendrick of 699 North Westfield St., Bachelor of Science in Business Management; Michelle Sears of 20 Peterson Cir., Bachelor of Science in Business Management, Magna Cum Laude; Sean Sumner of 128 Karen Lynn Circle, Bachelor of Science in Biology; Richard Delbarba of 59 Hamilton Circle, Bachelor of Arts in History.

Richard W. Gallerani, OD
Julianne Rapalus Gallerani, OD

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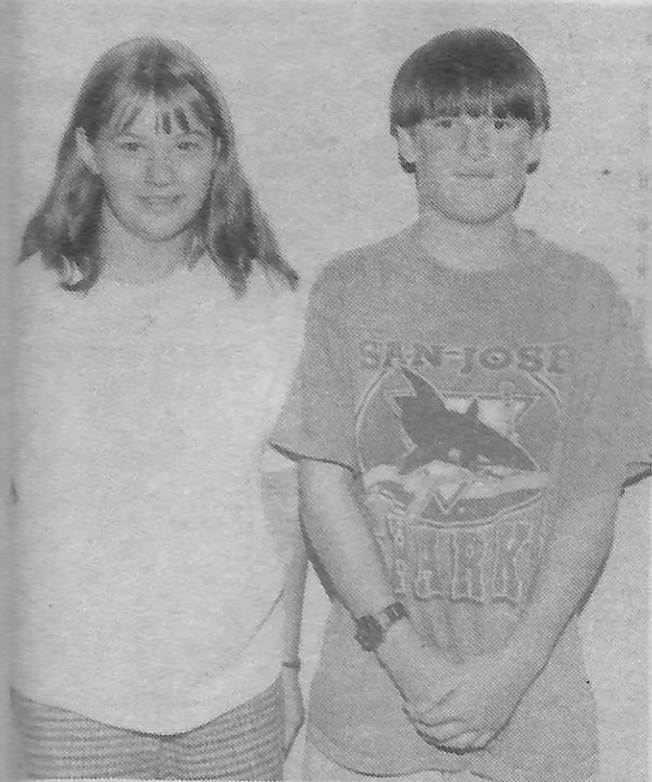
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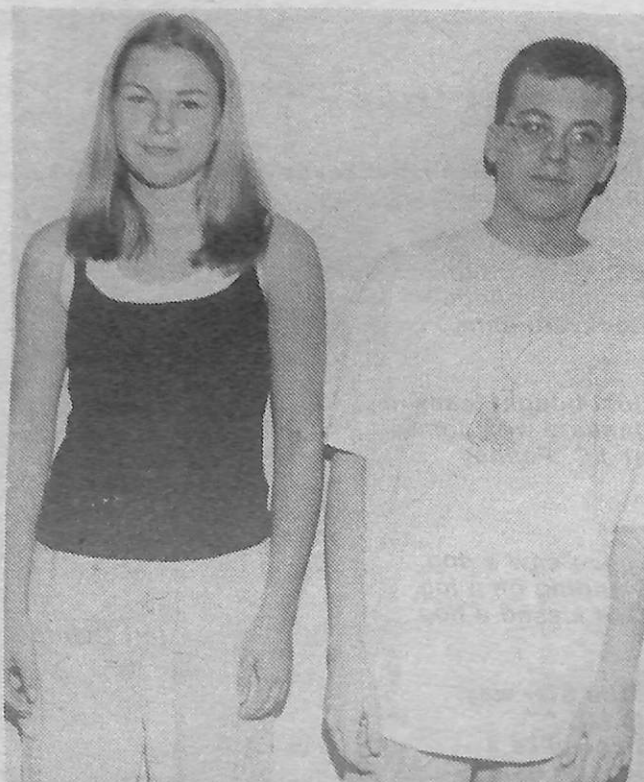
850 Springfield Street, Feeding Hills

786-0555

Jr. High Students Recognized



PHYSICAL EDUCATION "Students of the Year" for grade seven at the Junior High were Aimee Beaudette and Mike McGeoghan. Advertiser News photo by Jack Devine.



EXCELLENCE IN ART STUDENTS of the year for grade eight at the Junior High were Katie Feato and Sean Conchieri. Advertiser News photo by Jack Devine.



THE MOST RECENT ART "Students of the Month" for grade eight at the Junior High were Kevin Toto and Nicole Jensen. Advertiser News photo by Jack Devine.



PHYSICAL EDUCATION "Students of the Year" for grade eight at the Junior High were Jay Yarymowicz and Kelly Cassidy. Advertiser News photo by Jack Devine.

Local Students Receive Degrees From WNEC

The following area students were among those to receive degrees from Western New England College at ceremonies held May 16th in Springfield:

Kathleen M. Arenstam of Feeding Hills received a Bachelor of Arts degree cum laude in Sociology. Cum laude honors, signifying scholastic excellence, are awarded to students who have achieved a grade point average between 3.30 and 3.60.

While at WNEC, Arenstam was a member of the Behavior & Social Science Club.

Carmelina DeCaro of Agawam received a Bachelor of Science in Business Administration.

Vivian M. Dziardziel of Agawam received a Bachelor of Science in Business Administration degree magna cum laude in Computer Information Systems. Dziardziel is the daughter of Joseph & Barbara Russo, and the wife of Chester Dziardziel, all of Agawam.

Magna cum laude honors, signifying scholastic excellence, are awarded to students who have achieved a grade point average between 3.60 and 3.80.

David M. O'Quinn of Feeding Hills received a Bachelor of Science in Business Administration degree. O'Quinn is the son of Denise O'Quinn of Feeding Hills.

Anthony M. Tassone of Agawam received a Bachelor of Science in Business Administration degree in Finance. Tassone is the son of Salvatore & Jeanne Tassone of Agawam.

While at WNEC, Tassone was named to the Dean's List.

Western New England College is a private coeducational institution located on a 185-acre suburban campus in Springfield, with an additional 16 sites throughout the Commonwealth. The College serves full-time and part-time students with undergraduate programs in its Schools of Arts & Sciences, Business, and Engineering, and graduate programs in its Schools of Business, Engineering, and Law.

Rena Chicklas Receives Dartmouth Degree

Rena Chicklas was one of nearly 1,000 students receiving bachelor of arts (A.B.) degrees during commencement exercises at Dartmouth College on June 14, 1998.

Chicklas, daughter of Linda Chicklas of Agawam, majored in Russian and received the degree with high honors (magna cum laude).

Dartmouth, the ninth-oldest college in the U.S., was founded in 1769. Noted as one of the most selective institutions in the nation, Dartmouth has a total enrollment of 4,000 undergraduates and nearly 1,000 students in graduate schools of business, engineering, and medicine.

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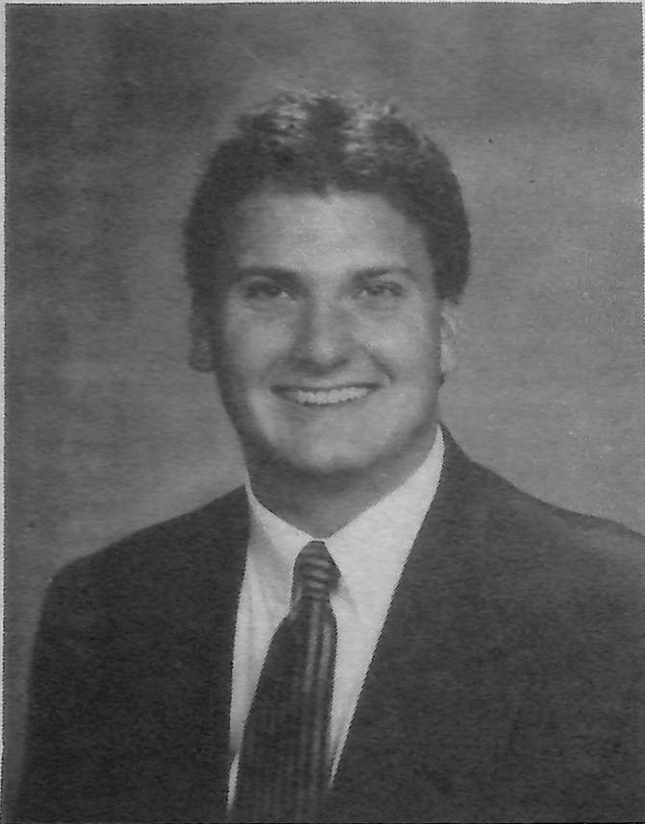
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JEFFREY W. HENDERSON

Jeffrey W. Henderson To Attend Med. School

Agawam resident Jeffrey W. Henderson has been accepted to pursue his medical degree at the University of Health Sciences, College of Osteopathic Medicine in Kansas City, Missouri beginning this fall.

UHS is a highly regarded medical school, having graduated over 5,000 doctors in its 80-year history.

Henderson is a lifelong resident of Feeding Hills. He graduated with honors from Agawam High School in 1993. He is a 1997 graduate of Rensselaer Polytechnic Institute in Troy, New York, where he served as president of RPI's National Pre-Medical Honor Society, and as a volunteer Emergency Medical Technician.

He is the son of Wayne and Inge Henderson of 33 Tom St., Feeding Hills. His brother, Ryan, is currently attending RPI, majoring in Civil Engineering.

Agawam Middle School Pupils Help UNICEF's Children

The Halloween pumpkins and candy from last year are just a distant memory, but kids around the world are now benefiting from the money-laden orange boxes that were toted from door-to-door by Agawam Middle School students.

This year, New England students who went "Trick-or-Treating for UNICEF" raised over \$300,000 for needy kids in developing countries, according to Vibha Gokhale, the program's coordinator.

These funds will provide much-needed water, vaccinations, education, and medical help to children in 160 developing countries. Projects designed to abolish harmful child labor can be funded now. The threat of malnutrition will be reduced significantly by introducing health education programs in places where poor nutrition causes the death of one out of every 50 children.

The 1998 *State of the World's Children*, UNICEF's annual report card, finds malnutrition responsible for a fatality rate greater than any infectious disease since the Black Death that swept through 14th-century Europe and Asia.

Besides helping the world's neediest children, UNICEF New England provides curriculum guides, videos, orange boxes, and other materials year-round to schools, religious organizations, and social groups in local communities.

These may be ordered by calling (800) 252-KIDS. UNICEF speakers may be requested by calling 1-617-277-3334.

Elms College Names Spring Dean's List

Dr. John Freed, Academic Dean at Elms College, has announced that Agawam residents Lisa Ferioli, Amy Powell, and Josephine Smith and Feeding Hills resident Karen Mahoney were among students named to the Dean's List for the second semester of the 1997-1998 academic year.

The Dean's List is composed of students who have earned a quality point average of 3.50 or better.

Best local news...

Poetry At Granger School - by Room 10, Fred Montesi, teacher

Sam Sold
Stamps In
September

Jeff Stanton

Jeff jumped in a jar of beans
in January

Jeff Stanton

Benny Bear buried berries
behind Brendon's
Backyard barn.

Lauren Learned

Just bought jeans in
January with James
at J.C. Penney

Amanda Regnier &
Angela Mancini

I once saw a dog,
Standing on a log,
That kissed a hog.

Jeff Stanton

Little Star way
up far,
Shines like a
light on its
flight at night

Lauren Learned

There once was a pig named Zig
who had a very fine wig.
He was the best pig
That ever liked to dig.

Keeley Conte

Awesome
Springy
Happy
Likeative
Entertaining
Young

Keeley Conte

Excellent
Air
Round
Terrific
Happy

Keeley Conte

Matt Draghetti
Eats lots of spaghetti

Matt Draghetti

There once was a doll
Climbing a wall
She happened to fall
So we said bye to that doll.

Erica Lyman

Tommy tucked Teddy
down to Tired Town

Christine Kretschmar

Paula picked pretty pansies
Susie spilled soda on her sofa

Christine Kretschmar

Elmos are red,
Cookie Monsters are blue,
They're so cute,
And cuddly too.

Amanda Regnier

Funny
Awesome
Neat
Terrific
Athletic
Super
Totally
Intelligent
Cool

Dave
Active
Dad

Ashley Proulx

My name is BettyLou,
I have a friend named Sue,
We always make stew,
Why? We just do.

Erica Lyman

Funny
Athletic
Too good for me
Hair raising
Energetic
Rested

Andrea Desrosiers

There was a girl named Heather
Wearing leather
While looking for a feather

Andrea Desrosiers

Tyler
Young
Loud
Excited
Runs

Andrea Desrosiers

Rocket Rabbit ran round and round rapidly

Chris Seuderi

Sam sat still while Suzie was singing

Carlee Bouthiller

Summer Reading At Granger



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their summer reading
through the Granger
School Council in-
cluded Tom
Carpenter, Wendy
Matys, Keith Long,
Alan Mesick, teacher
Nancy O'Keefe, Em-
ily Cassidy, and Faith
King. Advertiser News photo
by Jack Devine.

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week!

Junior High Honor Society Holds Annual Penny Carnival



THE NATIONAL JUNIOR HONOR SOCIETY at the Agawam Junior High School held its Annual Penny Carnival on Saturday, June 20th. From left - member Alyssa Goodrow finds that everyone is on target; IN MIDDLE PHOTO - Gabrielle Devine has her face painted by Brittany Theriaque; IN PHOTO RIGHT - Mike Lalli, Ben Sunny, and Kevin Grimaldi with their "Mystery Box." Advertiser News photos by Jack Devine.

Three Locals On BU Dean's List

Three Agawam residents have recently been named to the dean's list at Boston University for the spring semester.

Students recognized for this honor included Sharon L. Chicklas, Stephen R. Cincotta, Jr., and Jennifer C. Giroux.

Boston University is the third largest independent university in the United States, with an enrollment of nearly 30,000 students in its 15 schools and colleges. The University offers an exceptional grounding in the liberal arts, a broad range of programs in the arts, engineering, science and professional areas, and state-of-the-art facilities for teaching and research.

Located in the heart of a city rich in cultural and intellectual attractions, the University is one of the nation's preeminent institutions of higher learning.

Michelle Dutton Of Feeding Hills Inducted Into Honor Society At Bucknell University

Michelle Dutton, 163 North Westfield St., Feeding Hills, has been inducted into Phi Beta Kappa, the nation's oldest honorary society, at Bucknell University.

Dutton graduated magna cum laude from Bucknell May 23rd with a bachelor of science degree in biology. The daughter of Mary and Larry Dutton of Feeding Hills, she is a graduate of Agawam High School.

While at Bucknell, Dutton was a dean's list student and member of Alpha Lambda Delta and Phi Eta Sigma honor societies, Phi Sigma national

biology honor society, and Delta Gamma sorority.

Liberal arts and science degree candidates in the upper 10th of their junior class or the upper fifth of their senior class are eligible for membership in Phi Beta Kappa. Faculty and administrators in the society make final selections based on the character and purpose of each candidate's work.

Bucknell University is a highly selective liberal arts institution that also offers professional programs in engineering, management, and education.

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Sports

Summer's Fun At Perry Lane Park



SUMMER CAMPERS AT PERRY LANE PARK enjoy a game of funnel ball. Advertiser News photo by Dave Rollins.



SUMMER CAMPERS AT PERRY LANE PARK are about to relax at lunch break after a busy morning of activities. Advertiser News photo by Dave Rollins.

SUMMER CAMP - from Page 1...

Science Museum, and Golf Land in Vernon, Connecticut).

There will also be trips to the Yankee Candle Car Museum and the outdoor Summer Theatre at Mount Holyoke College in South Hadley.

One Of The Biggest Days At Camp

One of the biggest days at the camp is the annual visit by the Agawam Lions Club. They hold a field day and a cookout - two things close to a kid's heart, especially the latter. If a rainy day comes along, there will be a trip to Games and Lanes in Agawam, plus a movie. And every day, all the kids get a lunch break with a brown bag flavor; they bring what they like and get to sit at picnic tables under the pine trees or socialize in the covered pavilion.

The staff has increased over the years. Five new

members have signed on for the camp's second two-week session, which is winding up this week. The counselors range in age from 16 to their mid-20's. The camp directors are in their late 20's and 30's. There is an on-duty nurse. Many of the staff members are trained in CPR.

"We know that with our campers coming from many different backgrounds in society, we have to have all bases covered. We try to meet their needs as best we can. There is more to camp than just having the kids come to play. For a time, we have the responsibility of taking care of them," Miss Keller noted.

"We make sure we know who picks them up when the day is done. We take care to monitor the perimeters of the camp so no one wanders off and no one wanders in who shouldn't be there. We also have six to eight lifeguards on duty at the pool at all times because during the free swim,

there might be 100 people in the pool at one time." And the pool at Perry Lane Park is a wonderful draw and a favorite of the kids.

The camp's approval rating among the parents is almost 100 percent, according to Miss Keller. "We have families who want to send their kids back for another session. Right now, however, we are full up through the end of the summer."

The camp had run in the red for much of its time. Now, they are totally self-supporting. "We raised our fees last year and that was enough to put us over the top. The town no longer subsidizes us. We pay our own way. All we make goes to our staff and also right back into the camp itself, Miss Keller noted.

The summer camp is open initially to residents of Agawam. If the sessions are not full by Memorial Day, anyone can sign-up.

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SHAA Pitching League Holds Championship

On July 2, 1998, the Sacred Heart Athletic Association had their Designated Pitching Machine League (DPL) Championship Playoff Game. The Marlins (Teal) faced the Green Giants. The game was played at the Sacred Heart main field under the lights where the kids enjoyed their first game with a lighted scoreboard and an official announcer.

The Marlins got off to a strong start scoring seven runs in the first three innings with two hits each by Colin Hensel, Nick Kupiec, Dave Paglia, Kurt Ripke, and Nathan Wright; and one hit each by Joe LaPorte, Travis Ritter, and Justin Wright.

The Green Giants made a valiant comeback in the fourth, fifth, and sixth innings scoring 11 runs. However, the Marlins' infield, made up of Nick Kupiec at first, Nathan Wright at second, Colin Hensel at shortstop, Kurt Ripke at third, Travis Ritter at pitcher, and Alex Taupier at catcher, made some spectacular plays to maintain the lead.

These plays consisted of two ground-outs by Travis Ritter to Nick Kupiec, two ground-outs by Kurt Ripke to Nick Kupiec, a ground-out and a line drive caught by Colin Hensel, and a ground-out to Nick Kupiec. The Marlins' outfield, made up of Joey LaPorte at leftfield, Dave Paglia at rightfield, Justin Wright at left centerfield, and Cory Lynch at right centerfield, did their part by keeping the extra bases to a minimum. Players unable to make the final game were Eric Cancelliere and Joey Sciafani.

All-in-all, the Marlins scored 16 runs in six innings, leaving the final score at 16-11. The Marlins finished the regular season with an 8-2 record and were 2-0 in the playoffs. A hug thanks to the coaches: Tom Ripke, Head Coach; and Assistant Coaches Mark Hensel, Mitch Kupiec, and David Ritter.

Soccer Association To Help Make-A-Wish

Dave Shaw, President of the Agawam Soccer Association, and Ted Hebert, representing the Make-A-Wish Foundation of Western/Central Massachusetts, are proud to announce that the ASA will be raising money through its Labor Day soccer tournament — the Riverside Soccer Classic — to create a wish for a terminally ill child.

Shaw has stated that the goal is to raise \$3,000, and anyone wishing to donate may do so by sending their check to ASA, P.O. Box 442, Feeding Hills, MA 01030. Please make checks payable to the Agawam Soccer Association.

Also, the Agawam Country Club will be displaying a coin can for any golfers wanting to donate to this worthwhile cause throughout the summer months.

Any other businesses interested in joining the ASA in helping raise funds can call Jim Stevenson at 789-2999. Thank you!

Metro Softball Team Blanked By Amherst; But Still Alive In Tourney

by Dave Rollins
Sports Editor

After their upset, 6-1 win over West Springfield in the summer Metro League Softball playoffs last Sunday, the young Agawam Brownies were sitting pretty. They had no losses and were fixing to host Amherst Tuesday evening at Harmon Smith Field. The game turned into a defensive battle. Amherst, which is becoming a pain in the side of everyone in Western Mass., no matter what the sport or the season, won, 2-0.

Agawam sent soon-to-be-sophomore Tiffany Blackman to the circle. As a freshman, she had a varsity win during the spring season. Tiff got the side in the first. The young Brownies could not score in their half of the inning.

Amherst got a lead-off single in the second. The runner was gunned down on an attempted steal. Agawam catcher Deb Boissonault threw a strike to second baseman Erin Rescigno, who will be an important senior on next year's team.

The third frame saw some great Agawam "D." An Amherst smash to Kornelia Moysis at third for a 5-3 putout, a big spinner back to catcher Deb Boissonault for a 2-3 deal, and a hard hopper to Blackman with a put-out at first showed how solid these kids are when the other team has the ball.

Neither team could do anything for four innings. In the fifth, Agawam replaced Blackman with Lindsay Mason. It was a shaky deal. Mason never got her due during the spring high school season because of a back back. "It still hurts a little," she said Tuesday night. And it really looked like she was still a bit off the ball.

She gave up a walk, a single, a sacrifice bunt single, and a walk which led to a run. Then, showing how good she is, Mason reared back with the bases loaded and got two strikeouts and a pop to third to end the inning.

Local's Best Chance In The Sixth

Mason worked hard in the sixth and got the side. Agawam had its best chance in the bottom of the inning. With one out, Jill Gendron singled to the bag side of second. Moysis got tagged by a pitch. Jen Lyman hit into a fielder's choice that advanced Gendron to third and Moysis to second. However, a groundball back to pitcher Ariel Glassman ended the threat.

The top of the seventh saw Amherst win the game. A single and an unearned run did it. The young Brownies couldn't answer in the bottom of the inning.

Agawam varsity softball Coach Deb Lickley was there to watch the proceedings as a spectator. "This is a nice experience for me. There is no pressure. Summer softball is like that. We look at the talent now. But these games are a little less intense. They aren't the best we'll see," she smiled.

PLAYOFF NOTES: This loss doesn't throw the



LINDSAY MASON (left) and TIFFANY BLACKMAN are the two aces of the hill for Agawam's girls' Metro Softball team this summer. Advertiser News photo by Dave Rollins.

young Brownies out of the playoffs. It is a double elimination tournament. They will play again this weekend.

BROWNIE STATS: Rescigno - 0-3; Blackman - 1-3; Gendron - 1-3; Moysis - 0-2; Lyman - 0-2; Burke - 0-1; Pisano - 0-3; Montagna - 0-3; Bishop - 0-2; Danielle Bachini - 0-1; Deb Boissonault - 1-2.

PITCHING: Blackman - 4 IP; 1 H; 0 R; 0 ER; 2 BB; 2 SO; 0.00 ERA. Mason - 3 IP; 4 H; 2 R; 1 ER; 3 BB; 4 SO; 2.33 ERA.

Amherst - 2 R; 5 H; 0 E; 8 LOB. Agawam - 0 R; 3 H; 1 E; 6 LOB.

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Little League All-Stars' Tournament Run Ended By Amherst

by Dave Rollins
Sports Editor

The Agawam Little League All-Star team saw its title hopes come to an abrupt halt last Friday evening, July 17th, as the Little League District II playoffs. The Agawam All-Stars were up against Westfield earlier in the week. A defeat would put them out of the double elimination tournament. Amherst was in the same boat, so there was a lot of incentive in this one for both clubs.

Agawam Coach Paul Federico sent Sam Young to the hill. Sam got into trouble early on. A walk, double, two errors, and a wild pitch saw Amherst take a 3-0 lead in its half of the first. Agawam came up empty in the bottom of the inning.

Amherst piled up five more runs in the second. They occurred on a leadoff error, a walk, a hit batsman, two more walks, a double, and two additional free passes. Sam, who was game but just didn't have it on this evening, got the hook. He was relieved by Andrew Wakelee, who came on with one down and the bases full. He pitched well, allowing an unearned run before getting his club out of the jam. Agawam went into the bottom of the second trailing 8-0.

Two Runs For The Locals

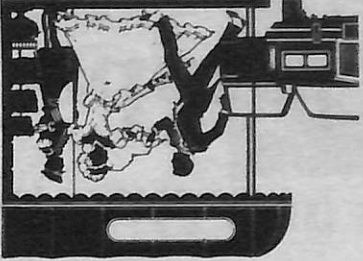
Second baseman Casey Federico started things out in the Agawam half of the inning with a bloop single to right. The next hitter, Sam Young, who had gone to third after his stint on the mound, laid down a bunt just inside the third base line. He charged towards first. The throw was a bit to the dugout side of the bag. Amherst first baseman Scott Looze took it and Young collided with him. Both kids went down hard and lay on the grass and the dirt for several minutes. Sam got up and continued playing. Looze, with a badly bruised shoulder, got a trip to the hospital in the town ambulance. Federico, who'd gone to third, then scored on a wild pitch. Young stole second and came home on a 4-3 fielder's choice off the bat of Kevin Borgatti. Those two runs would be all Agawam would get this evening.

Wakelee would throw a shutout ball in the third inning. However, Amherst struck big time again in the fourth. A leadoff single, two straight home runs, and a double caused the damage. Andy Wakelee left in favor of Neil Donah.

After an error, another double, a walk, and a hit batter, the Agawam All-Stars ended the inning in a ratty, bang-bang play. The bases were loaded with one out. The ball was hit sharply to Vin Moretti at short. He gunned down the runner in a play at the plate. Federico, the catcher, then pegged a strike to Wakelee, at third, for a 6-2-5 double play.

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AGAWAM LITTLE LEAGUE ALL-STARS made a good run in the District II playoffs before being stopped by Amherst on Friday night, July 17th. Advertiser News photo by Dave Rollins.

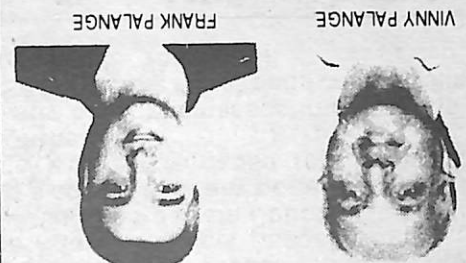
AGAWAM STATS: Moretti - 1-2; Lappone - 0-2; Donah - 1-2; Federico - 1-1, 1 rs, 1 sb; Borgatti - 0-2, 1 rbi, 1 rs; Reed - 0-1; Wakelee - 0-1; Summers - 0-1.

PITCHING: Young (L): 1 1/3 IP; 2 H; 8 R; 5 ER; 5 BB; 2 SO; 26.31 ERA. Wakelee: 1 2/3 IP; 5 H; 4 R; 4 ER; 0 BB; 0 SO; 16.86 ERA. Donah: 1 IP; 1 H; 1 R; 0 ER; 1 BB; 0 SO; 0.00.

AMHERST: 13 R; 8 H; 0 E; 4 LOB. AGAWAM: 2 R; 4 H; 4 E; 1 LOB.

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MEMBERS OF THE LUDLOW LIGHTNING FOOTBALL CLUB, winners of the Rhode Island Seaside Classic Soccer Tournament, held in South Kingston at the University of Rhode Island. Back row, from left - Assistant Coach Steve Leone, Heather Leone, Katie O'Brien, Shannon Cook, Meg D'Angelo, Annemarie Goodwin, Erinne Goodwin, Meg Buoniconti, Jenny Martins, and Assistant Coach John Goodwin. Kneeling - Kaitlin Sardella, Chantel Bernard, Meg Smolinski, Ashley Agosto, Amber Goodreau, Danielle Cirillo, Joanne Germano, and Coach Tony Martins.

Two Members Of Agawam Tigers Help Ludlow Lightning Win URI Tournament

Two members of the Agawam Tigers girls' Pioneer Valley soccer team helped the Ludlow Lightning Football Club capture the championship of the July 11th & 12th Rhode Island Seaside Classic Soccer Tournament held in South Kingston, Rhode Island, on the campus of the University of Rhode Island.

Danielle Cirillo and Kaitlin Sardella, who will play for the Agawam Tigers in the girls' U14 Division I this fall, were guest players for the Ludlow Lightning at the URI Tournament. The Lightning were members of Pioneer Valley U14 girls' Division I this past spring and fall, finishing as the league's runner-ups, despite playing a year up in age.

The Lightning are well-known throughout the region as an outstanding club team that participates in select team and MAPLE tournaments all over New England and New York State when not playing in the Pioneer Valley League.

At URI, the Lightning were placed in a six-team division of all select teams, including Rhode Island state champion Northern Lightning and Morris County Select from New Jersey. Both were considered strong contenders for the title.

In the opening game on Saturday morning, Kaitlin scored the winning goal from left wing and also set up the insurance goal during the 3-1 victory over Morris County Select of New Jersey. She played both wings, striker, and some halfback during the Lightning's perfect 5-0 record in the tourney.

In the intense fourth game vs. Rhode Island's Northern Lightning, Danielle played her best game and helped to anchor a rock-solid defense at fullback while playing every minute under the hot early afternoon sun (a 2-0 victory). Danielle's outstanding ball skills and tireless style of play were most evident in the clinching fifth game shutout over Northern Counties Select of New

Jersey.

Overall, the Lightning scored 14 goals while allowing only one. Goalie Ashley Agosto was spectacular from start to finish, including a string of four straight shutouts.

Sweeper Shannon Cook (two goals, dominated the backlines), stopper Erinne Goodwin, and fullback Meg Smolinski also excelled, as did midfielders Chantel Bernard, Meg D'Angelo (goal), Katie O'Brien, Jenny Martins, Amber Goodreau, and Heather Leone.

Up front, the searing Annemarie Goodwin led all scorers with seven goals while creating her normal havoc for opposing defenders; Joanne Germano tallied three times and displayed nifty

ballhandling and trapping skills; and wing Meg Buoniconti, the team's speed burner, put heavy pressure on the defenders with fine runs that opened up the field for her teammates.

The Agawam girls wish to thank team Coaches Tony Martins, John Goodwin, and Steve Leone for making them feel at home and for extending another invitation to play with the Lightning at a mid-August tournament in Connecticut.

Danielle and Kaitlin play with several of the Ludlow Lightning on the MAPLE Division I Western United team, coached by Karen Patterson of Agawam.

On the Agawam Tigers, they are coached by Ed Brown.

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AGAWAM TIGERS MEMBERS Danielle Cirillo (left) and Kaitlin Sardella hold their championship plaques won as guest players with the Ludlow Lightning at the Rhode Island Seaside Classic on July 12th and 13th.

Ceremonies Close Softball Season At Sacred Heart



THE SACRED HEART ATHLETIC Association held its season-ending ceremonies for its softball leagues on Sunday, June 28th. Singing the national anthem were Jamie Cullen (right) and Emily Lapins. Advertiser News photo by Jack Devine.



COACHES, PLAYERS, AND LEAGUE OFFICIALS of the Sacred Heart Athletic Association line-up for season-ending ceremonies and awards presentations on Sunday, June 28th. Advertiser News photo by Jack Devine.

1st Annual Wiffleball Tournament Slated At Spfld. Turnverein

The Springfield Turnverein will hold its first annual wiffleball tournament on Saturday and Sunday, August 8th and 9th, with registration beginning at 9:00 a.m. The tournament will take place on the grounds where the Turners Wiffleball League is played.

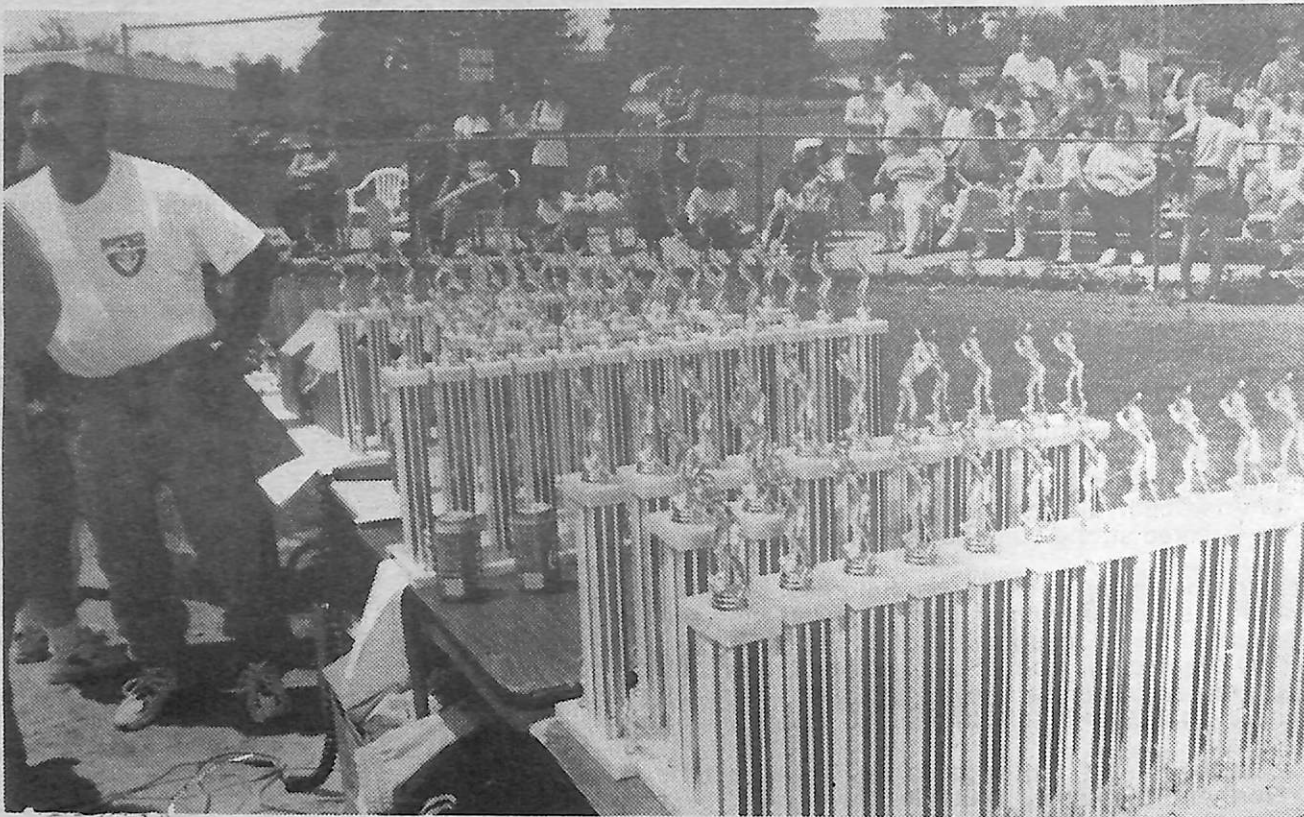
Each team is guaranteed five games on Saturday, with the top two teams in each division advancing to the Sunday competition. A Homerun Derby Contest will be featured on Saturday.

Skill level is medium pitching speed, no faster than 35 mph (checked by radar gun). All ages are welcome to participate, and teams will consist of one to five players.

Trophies will be given to the top four teams, and prizes (including movie tickets and gift certificates) will be given out during the tournament. Refreshments and beverages will also be available, as well as swimming.

Where can you have so much fun for only \$30 per team? For more information, call Dean at 789-3677 (TWL Headquarters).

Space is limited to only 48 teams, so don't wait for deadlines.



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Veterans' Council Holds Golf Tournament



THE AGAWAM VETERANS' COUNCIL held a golf tournament on Sunday, June 28th, at Agawam Municipal Country Club. TOP PHOTO LEFT - Priscilla Peterson, Chris Sanchez, and Peg Brown (past district commander, American Legion); TOP RIGHT - State Senator Linda Melconian, Dave Pernice, and Ann Marie Shields; PHOTO RIGHT - Harvey Gargon, VFW; Ed Kellogg, Veterans' Council chairman; Ruth Bitzas, veterans' agent; Dianne Moreau, veterans' officer; George Schlagle, Veterans' Council; and Diane Gagnon, Veterans' Council. Advertiser News photos by Jack Devine.

Catfish Tournament Set For Saturday, July 25th

The 11th Annual "Greatest Catfish Tournament on Earth" begins at 9:00 p.m., July 25th and ends at 7:00 a.m., July 26th.

Fishing is allowed on the Connecticut River and its tributaries. More than \$5,000 in cash and prizes are up for grabs.

Entry fee is \$10 and forms are available at the following locations:

Clark's Gulf Station, West Springfield; Fish-On Bait & Tackle, Holyoke; Elm Bait & Tackle, Westfield and Enfield, Connecticut; Red Bridge Bait & Tackle, Ludlow; Pioneer Sporting, Northampton; Pipione's, Turners Falls; River's Edge Restaurant, Holyoke; and Joe's Bait & Tackle, Windsor Locks, Connecticut.

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by Kent Servis
Outdoor Writer

Nighttime In The Sound

Weekends on Long Island and Fishers Island Sound can get sort of crowded with most of the fishermen working the likely spots inshore.

Once the sun sets and darkness envelopes the coast, one can have almost the entire coastline to themselves. Striped bass may move about from the various reefs and rips, but there will almost always be some of them that will take up prime feeding spots along the boulder-strewn shorelines.

Surf fishermen have successfully plied the beaches and rock piles, catching some fairly hefty specimens along the way.

Small boat anglers can have a virtual field day after dark if they will work a small boat along the shores where rocky outcroppings occur.

Tossing poppers, swimming plugs, or live eels can be and usually are deadly. The dark of night, coupled with the lack of boat traffic, lures them into the shallows to feed.

The last eight trips to the Connecticut coast have left us with almost unlimited angling possibilities. Except for a few larger boats headed to port, we have had the ocean to ourselves, with not another boat fishing into the darkness.

By using a small outboard, or better yet, an electric motor, weave your way around rocky points and boulder strewn shorelines. You can cover miles of good-looking structure this way and can fish areas that have no shoreline access. It's almost like having your own private ocean to fish all night long.

The stripers seem to hit well at both tides, as long as there is some current. It does not seem to matter whether it is almost high or low tide, as long as there is some water movement. If you cover a previously productive shoreline or point, and do not connect with fish, go back and try it again in a few hours.

On Saturday night, a friend drove up from Philadelphia to try out this type of striper fishing. He drove back home at seven in the morning with some big filets and enough excited enthusiasm to keep him awake on the drive back to Philly!

The whole point of this story is that when everyone else heads in after dark, you should be loading up the eel bucket and heading out. Some

of the biggest stripers that I have caught (and released) came from the rock boulders at low tide in less than two feet of water at night.

In shallow water, when a 40-pound stripe feels the hook set, there is an explosion of water that will look like an alligator is thrashing about. Try to get the fish headed out to open water or he will dive into the rocky crevices and the barnacles and sharp rocks will cut you.

Last week, I took the same 32-pounder twice in the same night. At about 11:00 at night, I had a nice fish break off the rocks. At 2:00 a.m., I caught the same fish with the hook and leader still in his jaw from the earlier encounter. The second hook-up came about a city block from where I had lost him earlier.

By sunrise, the action usually subsides and it's time to leave. Of course, by that time, you may see a flock of birds working baitfish and it's off to the races again.

Save up some time in the sleep bank and try fishing a 9:00 p.m.-7:00 a.m. marathon along the rocky coastline and you will probably get just as hooked as the big stripers you catch!

FISH REPORTS FRESH WATER

Bass fishermen are doing fairly good at Congamond Lakes. Deep weed lines as well as drop-offs are producing some nice catches. Trout and an occasional Brookstock Atlantic salmon are falling for deep trolled flies and spoons.

Connecticut River anglers are finding water levels starting to drop to normal levels. Spinnerbaits as well as sliders and jigs are taking smallmouth and largemouth bass.

Hampton Ponds are producing quite a few bass, but most reports indicate that they are all in the 12-inch to 14-inch bracket. Try moving from the shoreline stuff and give a try at vertical jigging some of the deeper structure.

SALT WATER

Striper action has eclipsed the bluefish bite along much of the Connecticut and Rhode Island coast. Party boats have been having on and off again at the Race and Valiant.

Porgy fishing seems to be picking up around Hatchetts Reef and the Buoy off of Milestone Point. Some larger fluke have been showing up around the mouth of the Connecticut River and the shoals just off of the river mouth. Bucktail jigs in the 3/4 to 1 1/2 ounce range, sweetened with fresh squid strips, are doing the job.

Offshore action has picked up with some reports of blue fin tuna action about 8-10 miles off of Mountauk. Shark action continues strong with a mix of blue, dusky, and an occasional thresher. Some nice makos have been landed on an infrequent basis.

Yellowfin action is still spotty and the reports indicate that you have a long boat ride to find any action of yellowfin. The end of August may see some better action.



Golf Tip Of The Week...

Compiled by
Jim Modzelesky,
PGA
Oak Ridge Golf Club,
Feeding Hills, MA

Watch Yourself Take A Divot...

One of the causes of topping is lifting the left side on the forward swing.

A way to make sure you do not "look up" is to allow your right shoulder to pass your head, keeping your eye on the divot at impact.

Tip #16



Girls' Pep Squad To Form In Agawam

Girls, are you interested in joining a pep squad to cheer on weekends for the youth football players?

If you are entering the third or fourth grade and an Agawam resident, then show us your spirit!

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New Duplex - 3 BR, 1 1/2 Baths each side. Rare Find	\$149,900
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Broderick, Polverari Victorious In Riverside Park's Twin 35's

Bruce Harrison Takes Pro Tour 100

Sixty-one year-old living legend Bob Polverari took down his first win after eight years of retirement in the second of two 35-lap Modified features on Saturday, July 18th at Riverside Park Speedway.

The first 35-lap feature went to defending New England Regional Champion Jimmy Broderick. It was the second win of the 1998 season at Riverside Park for Broderick.

Polverari, of West Springfield, took control of the evening's second Modified race on lap 22, much to the delight of the large crowd on hand. The five-time track champion survived a caution on lap 26 before taking down the win. The win came almost eight years to the day since Polverari's last win, which came on July 21, 1990.

Broderick had to survive the challenges of defending track champion Ted Riggott before he was able to reel in his second victory of the season. Riggott would end up second in the first 35-lap event, followed by Dan Avery, Rob Summers, and Polverari, who began a good night by finishing fifth.

Also in action on Rick's Auto Body - New England Dodge Dealers' Night was the Teddy Bear Pools Truck division, which crowned Scott Ciak of Agawam as its ninth winner of the year. The Figure 8 division closed the memorable NASCAR Winston Racing Series program with a 20-lap feature. "Maniac" Mike Gigantino of East Haven, Connecticut won his second race of the season.

Visiting Riverside Park Speedway were the Legends cars and the PRO Tour for trucks. Peter Valeri of Bourne, Massachusetts earned his first career win in any racing division by capturing the 25-lap Legends race.

The PRO Tour rolled into Agawam for a 100-lap event, and Bruce Harrison of Billerica, Massachusetts won the race after starting up front, relinquishing the lead early and then regaining control with 60 laps remaining. It was the second win of the season for Harrison. The PRO Tour, which provides an affordable racing opportunity in which experienced drivers can compete in a premier touring division, continues its season on July 25th at Speedway 95 in Bangor, Maine.

Riverside Park continues its 50th Anniversary season on July 25th with Double Points features for the NAPA Modified division (50 laps), the Serv-U Auto Supply Pro Stock division (40 laps), Teddy Bear Pools Truck division (30 laps), Sportsman (25 laps), and Mini Stocks (20 laps).

Agawam Women's Slow-Pitch Softball (FINAL STANDINGS)

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Olive Oils & Joey's Pub	28
E.B's	24
Schriber & Kheoss	14
Southworth	12
Saunders Package Store	12
Buccaneer Lounge	
A.R.P.	2

Agawam Piranhas Bow To Easthampton

The Agawam Piranhas swim team lost against the Easthampton team by a score of 207-326 on July 7th at the White Brook Middle School in Easthampton. The results included:

Girls 8 & under:

The team of Sarah Torrey, Brittany Sullivan, Taryn Dooley, and Mary Malone placed second in 100-yard medley relay.

Brittany Sullivan, second in 25-yard freestyle; Sarah Torrey, first in 25-yard butterfly; Taryn Dooley, first, and Brittany Sullivan, third in 50-yard freestyle; Taryn Dooley, first in 25-yard backstroke.

The team of Brittany Sullivan, Kathryn Malone, Taryn Dooley, and Sarah Torrey placed first in 100-yard freestyle relay.

Girls 9-10:

Brittany Gutowski, third in 100-yard individual medley; Carlee Bouthiller, third in 50-yard freestyle; Nadia Maradiaga, third in 50-yard butterfly; Carlee Bouthiller, second, and Allison Nyman, third in 100-yard freestyle; Brittany Gutowski, second in 50-yard backstroke; Caitlin Hurley, second, and Nadia Maradiaga, third in 50-yard breaststroke.

The team of Carlee Bouthiller, Nadia Maradiaga, Allison Nyman, and Brittany Gutowski placed first in the 200-yard freestyle relay.

Boys 9-10:

Jeffrey Lagasse, first in 100-yard individual medley, first in 50-yard butterfly, and first in 100-yard freestyle.

Girls 11-12:

Danielle Poggi, second in 200-yard freestyle; Bethany Reid, first in 200-yard individual medley; Danielle Poggi, first, and Kaitlin Bond, third in 50-yard freestyle; Bethany Reid, first in 100-yard freestyle; Danielle Poggi, second, and Kaitlin Bond, third in 50-yard backstroke; Bethany Reid, first in 50-yard breaststroke.

Boys 11-12:

Connor Dooley, second in 200-yard freestyle; Matthew Gendron, first in 50-yard freestyle, and first in 100-yard freestyle; Connor Dooley, second

in 50-yard backstroke, and second in 50-yard breaststroke.

Girls 13-14:

Allison Morris, second in 200-yard individual medley; Kristine Archambault, third in 50-yard freestyle; Brittany Theriaque, second in 100-yard butterfly; Brittany Theriaque, second, and Kristine Archambault, third in 100-yard freestyle; Brittany Theriaque, third in 100-yard backstroke; Allison Morris, second in 100-yard breaststroke.

The team of Kristine Archambault, Allison Morris, Michele Gendron, and Brittany Theriaque placed first in the 200-yard freestyle relay.

Boys 13-14:

The team of Michael Follis, Paul Lagasse, Kyle Sullivan, and David Torrey placed first in the 200-yard medley relay.

Kyle Sullivan, first in 200-yard freestyle; Paul Lagasse, third in 50-yard freestyle; Kyle Sullivan, first, and Paul Lagasse, second in 100-yard butterfly; David Torrey, third in 100-yard backstroke; Michael Follis, second in 100-yard breaststroke.

The team of Michael Follis, Paul Lagasse, Kyle Sullivan, and David Torrey placed second in the 200-yard freestyle relay.

Girls 15-18:

The team of Shannon Costa, Kaitlin Morris, Rachel Morris, and Jennifer Reid placed second in the 200-yard medley relay.

Shannon Costa, first in 200-yard freestyle; Rachel Morris, third in 200-yard individual medley; Jennifer Reid, second, and Kaitlin Morris, third in 50-yard freestyle; Kaitlin Morris, third in 100-yard freestyle; Rachel Morris, third in 100-yard backstroke; Shannon Costa, third in 100-yard breaststroke.

The team of Shannon Costa, Kaitlin Morris, Rachel Morris, and Jennifer Reid placed second in the 200-yard freestyle relay.

Boys 15-18:

Charlie Roberts, first in 200-yard freestyle, first in 50-yard freestyle, and first in 100-yard backstroke.

Big Double Point Night Coming To Riverside On July 25th

All NASCAR Winston Racing Series features events at Riverside Park Speedway on Saturday, July 25th will carry an added distinction - double points. Each NASCAR track is allowed up to three double point events during a season, but July 25th will be the only double points event at Riverside Park in 1998.

Rob Summers of Manchester, Connecticut is currently locked in a close battle for the points lead with defending track champion Ted Riggott of East Hartland, Connecticut. Summers, who earned his first career modified victory on June 23rd, says he will need to be cautious on July 25th. "I just have to take my time," says Summers. "You need to try and keep the car in one piece and finish the best you can."

Drivers in these designated events are awarded double the normal track points for each position, but Winston Racing Series and Winston Shorttrack Series regional points are not doubled.

"I like having these double points events once per year," says Riverside Park Speedway's Director of Auto Racing Joe Lewandoski. "It challenges

the drivers a little more than a regular show, and it creates interest for the fans," stated Lewandoski.

The NAPA Modified division will run 50 laps, along with 40 laps for the Serv-U Auto Supply Pro Stocks, 30 laps for the Teddy Bear Pools Trucks, 25 laps for the Sportsman, and 20 laps for Mini Stocks.

Pro Stock points leader Eddy Carroll III of Suffield, Connecticut says July 25th will be a competitive night of racing. "The top five and six cars (in the Pro Stock division) have been running strong all season," says Carroll, "so it could be an interesting show."

Carroll, the two-time defending track champion in the Pro Stock division, says the distance of 40 laps will also be a factor. "In the past, the double points races were 50 or 75 laps," says Carroll. "People used their heads, and didn't rush things."

In addition to on-track excitement, Riverside Park Speedway will be hosting a "Christmas in July" promotion. Younger fans will witness a rare summer appearance by Santa Claus, and prizes and games will be given away to children.

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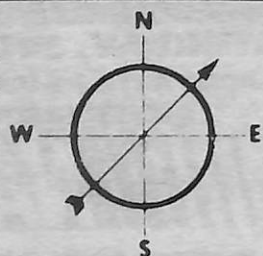
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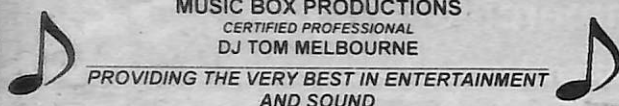
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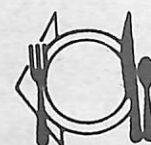
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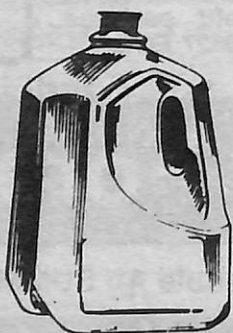
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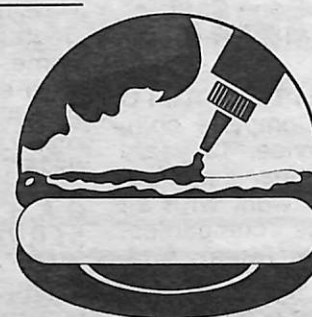
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